



**We're fighting fit at 50-plus**  
Sports fans get into gear at Wellness Games trials

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**Homelessness for half a century**  
Spitalfields Crypt Trusts turns 50

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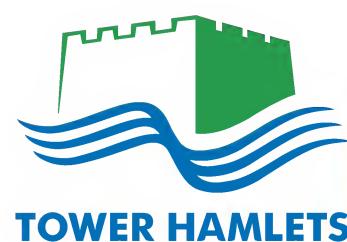


**get a life!**  
Huey goes there?  
Former 'Fun Society' member Morgan invites you to a day of fun and games at a local pub and eat out with us

**Places to go, things to see**  
Your guide to what's on in the borough this month

SEE GET A LIFE INSIDE

WWW.TOWERHAMLETS.GOV.UK



# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# 75 knives seized in two police sweeps

BY STAFF REPORTER

**SEVENTY-FIVE knives were taken off the borough's streets last week in two police operations.**

On Tuesday, October 20, officers from the Tower Hamlets gangs unit led a team onto

the Aberfeldy and Teviot estates in Poplar, after receiving information that knives were being sold illegally from a car.

With support from the East India and Lansbury Safer Neighbourhoods Teams, Poplar HARCA housing association and council enforcement officers (THEOS),

the unit stopped a vehicle in Zetland Street at about 1.20pm, seized 70 knives and questioned the 36-year-old driver.

Detective Sergeant Gemma Jones said: "This is a great result for police and our partners. With the help of the community we have taken 70 knives, which may have

been used in crimes in future, off the streets.

"We would continue to ask the public to tell us of anything that would help reduce the incidence of knives on the streets of Tower Hamlets."

On Thursday, October 29, a weapons sweep was made at Rounton Park, Bow, and nearby estates as part of a city-wide campaign.

Titled Operation Sceptre, it aimed to take knives out of the hands of young people and to tackle gangs who carry knives.

Using intelligence, which

suggested that gang members have been 'laying down' weapons in and around the area, hiding them for future use, the team carried out the weapon sweep with dogs and horses.

Five knives were found in the park, which also has a children's play area.

Mayor John Biggs said: "To recover such a large haul of weapons is a great result and helps keep our streets safe from serious crime."

"The council will continue to support the police as much as we can."

## FLYING THE FLAG FOR VICKY



AFTER being crowned the nation's favourite park last week, Victoria Park celebrated in style with a community event. Green Flag Award manager, Paul Todd, and Anthea Thomas from Keep Britain Tidy unveiled a plaque on the day and there was a coconut shy and inflatables for kids to enjoy. Adam, 3, and his mum are pictured at the event.

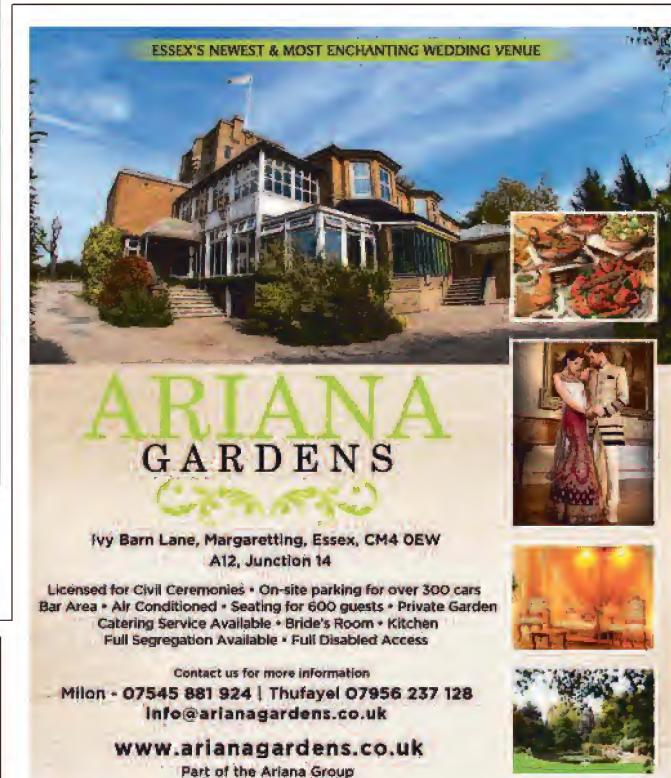


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# Community Champs

The Community Champions Awards recognise residents who work voluntarily in their local communities.



## Showing our appreciation

Each winner was presented with a certificate signed by Sir George Iacobescu, CWG chairman and chief executive officer, along with £250 to donate to a community organisation of their choice.

SEE BELOW

## News

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Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.

 *East End Life* is printed on recycled paper – when you have finished with the newspaper, please recycle it.



Lorraine Cavanagh is presented with her award by speaker of the council, Cllr Abdul Mukit MBE



Shahagir Bakth Faruk receives his award from Deputy Lieutenant for Tower Hamlets, Commander John Ludgate

# Celebrating those who contribute so much

BY JESSICA ODUBAYO

**NINE residents who work voluntarily in their local communities have been recognised at the second annual Community Champions Awards, hosted by Canary Wharf Group (CWG).**

Their achievements were celebrated at a ceremony at the wharf on Monday, October 26, where recipients, with their friends and family, listened to a presentation outlining their achievements, and enjoyed a three-course dinner.

Representatives of CWG

and guests including Chief Inspector Mark Long, Cllr Abdul Mukit MBE, speaker of the council, and Commander John Ludgate, Deputy Lieutenant for Tower Hamlets, presented the awards.

**Lorraine Cavanagh** (pictured above) works for Docklands Settlements, Women of the Round Table, Millwall parks committee and Mudchute farm.

The community stalwart started 31 years ago as a cleaner at the Isle of Dogs community centre and has gradually risen through the ranks to become CEO of Dockland Settlements, gain-

ing an OBE along the way.

**Shahagir Bakth Faruk** (also pictured above) has clocked up more than four decades of voluntary service with organisations including Suprabash, People like Us, Shahnan Employment, and the British Bangladesh Chambers of Commerce.

Other Community Champions Award winners were **Mohammed Derek Cox, Golam Mostafa, Elaine Sadler, Abdul Aziz Sardar, Jean Thomas, Baroness Pola Uddin and Sally Yoxall**.

Each was presented with a framed certificate signed by Sir George Iacobescu, CWG

chairman and chief executive officer, along with £250 to donate to a community organisation of their choice.

Zakir Khan, head of community affairs at CWG said: "As we embark on our residential development pipeline here at Canary Wharf, it is more important than ever to celebrate the residents in our existing local communities who contribute so much to those around them.

"Our community champions ceremony provides the opportunity to highlight and acknowledge the contribution of these individuals and show our appreciation."

## Inside this week's issue



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## £650 million a year from Lottery

The Big Lottery Fund gives out 40 per cent of the money raised for charity by the National Lottery and invests over £650m a year in health, education, environment and charitable projects.

[WWW.BIGLOTTERYFUND.ORG.UK/FUNDING](http://WWW.BIGLOTTERYFUND.ORG.UK/FUNDING)

## High Street vote

Roman Road is in the final three for London in the Great British High Street Competition 2015. Vote at...

[WWW.THEGREATBRITISHHIGHSTREET.CO.UK](http://WWW.THEGREATBRITISHHIGHSTREET.CO.UK)

## News



CHILDREN at Old Church nursery and pre-school in Stepney joined a campaign to raise money for breast cancer charities by wearing pink. Staff at the nursery also held a fundraising cake sale. Head teacher Sarah Helm said she had been completely taken aback by the generosity of the children and their parents, including a girl who donated £20 of her pocket money and her mother who collected £140 from work colleagues.

"Although they are very young, the children understand that the money will go to help people who are ill," she said.

## Lotto cash for communities

BY JESSICA ODUBAYO

**SIX Tower Hamlets organisations are among community projects across London, that have received cash to help improve their communities.**

The grants have been made through the Big Lottery Fund's Awards for All and Reaching Communities programmes, which provides between £300 and £10,000 to voluntary and community organisations; and larger grants of £10,000 and above for more long-term projects.

Recipients in Tower Hamlets include the Apples & Pears Foundation. It will

use its £10,000 funding for its schools programme to provide extracurricular activities, including rock climbing, canoeing and excursions for children, young people and their families from disadvantaged backgrounds.

Arnhem Wharf Primary School on the Isle of Dogs will spend £8,160 on a range of after-school clubs to improve access to leisure activities, helping youngsters develop their social skills, confidence and ability to work as part of a team.

St Anne's Catholic Primary School will use its £9,436 funding to run an extra-curricular yoga club to reduce everyday stress and enable children to

participate in activities that are not competitive. The project will also encourage parents to engage with the school.

St Saviour's Church Of England Primary School, in Chrisp Street, will use its £10,000 grant to create a garden and vegetable growing area. This will give the community a safe and accessible facility, allowing healthy outdoor activities.

Shadwell Community Project has received £8,600 to spend on recreational activities including refurbishing its playground.

Wapping's Noorani Masjid and Cultural Centre will use £10,000 to recruit volunteer community mentors, who

will support people experiencing the effects of poor social integration and unemployment.

Lyn Cole, Big Lottery Fund England grant-making director, said: "Whether it is supporting people who are struggling to cope with bereavement or people with mental health issues to gain more confidence, these projects will make a huge difference to the lives of many."

"They are excellent examples of people working together to help others in their community, including supporting them to attain the skills they need to realise their potential."

Visit [www.biglotteryfund.org.uk](http://www.biglotteryfund.org.uk)

## £1,760 fine for music fakes

A MARKET trader has been fined for selling counterfeit One Direction, Beatles and Ramones clothing.

Rajesh Joshi, 35, of Halsway, Hayes, was found to be selling the fake merchandise at Old Spitalfields Market, in Commercial Street last year.

Joshi pleaded guilty and was fined £240, and ordered to pay costs of £1,500 as well as a £20 victim surcharge. The £1,760 fine was handed down at Thames Magistrates' Court on October 22.

## Remembrance Day services

**REMEMBRANCE Sunday services to honour those who have gave their lives in war and conflict, will be held on Sunday, November 8.**

A service will take place at The Garden of Remembrance, Tower Hill, at 10.30am. It will feature a Cadets march, bugler alert, prayers, hymns and a talk.

Other events are at Bethnal Green Gardens; The War Memorial, Tower Hamlets Cemetery Park, Southern Grove, Mile End; and Christ Church, Manchester Road, Isle of Dogs.

Community leaders, councillors, past and present members of the armed services and their families will observe a two-minute silence and lay wreaths at the memorial sites.



**The Loneliness Project is a community research programme to find out how loneliness affects older people in Tower Hamlets. We hope to improve understanding of their issues, discover what insights they have about how to tackle loneliness, and find ways to improve their health and wellbeing.**

To do this, we need the help of local people of all ages. Account3 has been commissioned by Tower Hamlets Public Health to recruit a team of local volunteers, train them in community research techniques, and, with their help, carry out the project between November 2015 and September 2016.

### Taster/Information Sessions

If you are interested in taking part, please come along to one of our Taster/Information Sessions which will be held at the Account3 offices on November 12 either from 11am - 12.30pm or 2.30 - 3pm. Full accredited training will take place on November 23, 24 and 25.

You can also get more information and sign up on-line at [thelonelinessproject.com](http://thelonelinessproject.com)

**THE LONELINESS PROJECT**  
[thelonelinessproject.com](http://thelonelinessproject.com)

For more information and an application form to become a community researcher please phone Nilza or Cherifa at Account3 on 020 7739 7720 or drop in to Account3, Birkbeck Street, Bethnal Green, E2 6JY.

## News in brief

### Residents protest

A SOCIAL housing landlord is being asked to reverse a decision to 'streamline' its stock.

Scores of East Thames Group residents met with Mayor John Biggs and borough MPs Jim Fitzpatrick and Rushanara Ali after they received letters stating that they must either buy their homes or vacate them.

At the meeting last Wednesday, October 28, members of campaign group Stop Streamlining Affordable Homes said they would be asking East Thames for permanent housing.

Campaigners said they would also be negotiating for a longer period of time for those wishing to purchase their properties.

### Fire in early hours

FIREFIGHTERS escorted around 50 people to safety after a fire broke out at a block of flats with underground garages on Three Colt Street, Limehouse, on Sunday, October 25. A lock-up garage on the lower ground floor was damaged by the blaze.

The brigade was called at about 1.20am and the fire was under control at 2.10am. There were no reported injuries.

### Vote for the Roman

ROMAN Road market and shopping street is down to the final three places for London in the Great British High Street Competition 2015. Voting ends mid-November at [www.thegreatbritishhighstreet.co.uk](http://www.thegreatbritishhighstreet.co.uk)

# TOGETHER

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## Teeny tiny library near you

Little Free Libraries is a charity aiming to increase access to books for children, young people and their families. Anyone can donate or take a book, free of charge.

[WWW.LITTLEFREELIBRARYPROJECT.ORG.UK](http://WWW.LITTLEFREELIBRARYPROJECT.ORG.UK)

## News

A MINIATURE library has been installed on Wapping High Street to encourage people to share their favourite books. Author Stephanie Sautler opened the borough's first Little Free Library – provided by social housing landlord, Tower Hamlets Community Housing (THCH) – on Wednesday, October 21. Bridgett Bardwell, THCH head of corporate services, joined the author who donated copies of her novels for residents to read and share. The library is located on Wapping High Street, next to Lilley Close and is open to everyone. Visit [www.littlefreelibraryproject.org.uk](http://www.littlefreelibraryproject.org.uk)



Author Stephanie Sautler (left) and THCH's Bridgett Bardwell at the opening of the library

# Last chance to have say on budget plans

BY SUSAN MULLIGAN

**The council is reminding residents that they have until November 9 to respond to its savings proposals.**

Ongoing cuts to local government funding mean that the council is forecast to find around £60 million savings over the next three years.

All local authorities have a duty to set a balanced budget.

The council has developed a package of savings proposals for public consideration.

These include:

■ increasing the number of services that are accessed online;

- charging those who can afford to pay more for certain services;
- improving the value and outcomes from council contracts;
- reducing the level of grants and bursaries (so that they are similar to other local authorities);
- improving the way in which services are managed.

Mayor of Tower Hamlets, John Biggs, said: "I am committed to improving public services, to protecting the vulnerable from wider austerity measures and to delivering a budget setting process that is open, transparent and fit for purpose.

"Throughout the process of

identifying possible savings, I have asked for frontline services, which our communities depend on, to be protected.

"We want to begin a conversation with local communities about this year's budget, and continue it over the coming months as we develop a three-year Medium Term Strategy."

When the consultation closes, analysis of the feedback will be used to consider which of the savings proposals should be agreed at the council's cabinet meeting in January 2016.

To find our more visit [www.towerhamlets.gov.uk/yourborough](http://www.towerhamlets.gov.uk/yourborough)

## Read and share

The Little Free Library is located on Wapping High Street, next to Lilley Close, and is open to everyone.

## Council welcomes 'vote of confidence'

**THE council has welcomed the announcement made by the Department for Communities and Local Government that more powers will be returned to its control.**

Government-appointed Commissioners were sent in last December to oversee specific council functions, including grants and procurement.

The council has worked hard to alleviate the government's concerns.

Its recent six-month update on performance found that 91 per cent of the items identified have been completed, or are due to be completed, in line with the targets set.

Mayor John Biggs said: "I

welcome this vote of confidence. With a new management team in place we are putting the past behind us.

"The day-to-day work of the council is not particularly about politics, but about providing excellent services and that's what we will do.

"Our community needs it and our staff want to deliver it too.

"We need to work hard to support a stronger and more united community. Tower Hamlets is the most exciting place in London."

While the Commissioners will remain part of the council, this marks a turning point in establishing healthy governance and rebuilding public trust.

## News in brief

### Award for cheaper funeral services

AN anti-poverty charity in Bethnal Green has clinched an award for one of its projects.

Quaker Social Action's (QSA) funeral scheme, Down to Earth, was awarded Breakthrough of the Year at the 2015 Third Sector Awards.

Down to Earth gives practical

support to people on low incomes planning funerals.

Users of the service have saved an average of £2,237 each on basic funeral costs.

### DLR strike planned

SERVICES on the Docklands Light Railway may be suspended due to a strike this Tuesday and Wednesday, November 3-4.

If the RMT action goes ahead,

Transport for London says it expects no trains will run until the morning of Thursday, November 5.

Replacement bus service will connect key DLR interchanges with the Tube network.

All other TfL services will operate as usual.

TfL has advised passengers to check its website at [www.tfl.gov.uk](http://www.tfl.gov.uk) for service updates.



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📍 58 Marsh Wall, South Quays, London, E14 9TP.



## Contact the mayor

To contact the mayor, call his office on 7364 4993 or email him at [mayor@towerhamlets.gov.uk](mailto:mayor@towerhamlets.gov.uk)

[WWW.TOWERHAMLETS.GOV.UK/MAYOR](http://WWW.TOWERHAMLETS.GOV.UK/MAYOR)

## News

# The borough's buzzing!

**THE nights might be drawing in and the clocks might have gone back, but there is still a lot to celebrate.**

After Roman Road was shortlisted to be Britain's best high street, Victoria Park has kept its crown as the nation's favourite park.

And the free fireworks spectacular is returning there on Saturday, November 7. It's set to be a great night for all the family with a fantastic display put on by our arts, parks and events teams.

And in the opposite corner of the borough, I was honoured to raise a flag in Altab Ali Park last week, to celebrate it being awarded the prestigious Green Flag status for the first time.

I am committed to protecting our parks, and trying to provide more green space alongside our massive amounts of development.

The park is named after Altab Ali, a young man whose murder mobilised a mass movement against racism in the borough. A dramatisation of his story features on the opening night of the Season of Bangla Drama which returns this November for its 13th year.

There's something for everyone. You can discover more about the richness of Bengali arts and culture, something not a lot of people, even many younger Bengalis, know about.

November 11 is Remembrance Day, a day when we honour all those who have laid down their lives in service to this country. There will be services across the borough on Sunday, November 8 for residents to pay their respects.



TOWER HAMLETS

MAYOR OF  
TOWER HAMLETS

In the mayor's office I spend most of my time working at serious stuff but we need this to be a borough where there is plenty to relax to. With all that goes on – whether in the community, at the Wharf and City Fringe, or at places in between – this remains the most exciting place to be in London.

Finally, two serious matters. First, I am incredibly disappointed that London Metropolitan University is moving to Holloway, and particularly the Cass School of Art, Architecture and Design, which is a national centre of excellence. We need it to stay! It looks like they've made their minds up but we must try to reverse this bad decision.

And second, I'd like to thank every reader who's responded to the ongoing budget consultation. There are serious and difficult decisions to be made and we want to ensure that your views inform us every step of the way.

You can blame me whatever we decide, but you can blame yourself a little bit too if you don't get involved!

**Mayor John Biggs**

## Adult Services

### SMALL GRANTS FOR PENSIONERS' CLUBS

If you are running a local pensioners' club and have not received any grant aid from the Council for this year (2015/16), you can apply for a Small Grant from the Adult Services Directorate. We are particularly looking to ensure a good spread of organisations across the borough. A Small Grant may be used to pay club rent and bills or to subsidise a day trip or party. The maximum grant available for each club is £500.

**For an application form please contact:**

Samiha Miah or Jamie Bird,  
Tel: 020 7364 7881 or 020 7364 2304  
[samiha.miah@towerhamlets.gov.uk](mailto:samiha.miah@towerhamlets.gov.uk) or  
[jamie.bird@towerhamlets.gov.uk](mailto:jamie.bird@towerhamlets.gov.uk)

Strategic Commissioning, Adult Services, Mulberry Place, P.O. Box 55739, 5 Clove Crescent, London E14 1BY

If you received a Small Grant earlier this year an application form will be sent to you automatically.



## Raising funds for refugees

As part of a campaign held in collaboration with Amnesty International, Oaklands School students created 'welcome refugees' banners to show their concern about global issues.

**SEE BELOW**



OAKLANDS School pupils have raised £511 for refugees. As part of their effort, in collaboration with human rights organisation Amnesty International, students created 'welcome refugees' banners. Sheikh Fahmida Musarrat, 13, said: "We should accept refugees wholeheartedly and bring them to the safety of our lands." Mariyah Askor, 13, said: "It is really important that we help our human race. We are all responsible for each other." The students held a cake sale and a non-uniform today. The proceeds will go to Al Khair, a charity which provides emergency relief to refugees around Europe.

# Recruiters hoping for a match at jobs fair

BY MICHAEL DIOP

**THE council is set to host another jobs and training fair following the success of previous events at matching young people with recruiters.**

Young people between the ages of 16 and 19, or up to 25 with special educational needs and disabilities, will be shown a range of apprenticeships, jobs and training schemes at MyFuture at the Spotlight Youth

Centre in Langdon Park, on Thursday, November 12 from 3-5pm.

Dozens of recruiters are expected to attend, with many looking to recruit. There will also be access to expert advice on employability skills.

Cllr Rachael Saunders, cabinet member for education and children's services said: "Every young person deserves an employment market that is accessible, fair and provides opportunities.

"MyFuture will ensure that this aspiration is realised, with local young

people offered support and opportunities that could be life-changing."

Crossrail, BT Group, HSS Hire and Tower Hamlets College will be attending the event, along with the council's own services, including Idea Stores and Skillsmatch.

To find out more about this event and how the Targeted Youth Support team can help call 7364 2707, email [targeted.support@towerhamlets.gov.uk](mailto:targeted.support@towerhamlets.gov.uk) or visit [www.towerhamlets.gov.uk/youth](http://www.towerhamlets.gov.uk/youth)



THREE students from George Green's School on the Isle of Dogs attended the annual Seafarers' Mass at St Paul's Cathedral.

Kalam, Mizzan and Sahel were chosen to carry the flag of the Tall Ship Company after being nominated by its crew, following a week-long sailing trip on the English Channel and Solent.

The three boys said they had a great day at the event on October 14, where they also met Poplar and Limehouse MP Jim Fitzpatrick.

Left: the three students with MP Jim Fitzpatrick outside St Paul's Cathedral

## Saint preserved for future generations

"St Paul's has a significant heritage and serves the people of Bow Common, as well attracting visitors from across the world. The grant will ensure it is preserved for future generations."

## Art faculty to relocate

The Sir John Cass faculty gives students easy access to the creative and cultural hub surrounding the Aldgate campus.

REV BERNADETTE HEGARTY

### News

# Mayor saddened by faculty move

BY STAFF REPORTER

**LONDON** Metropolitan University, which has campuses in Aldgate and Whitechapel, has announced plans to move out of the borough and bring all of its faculties together on one site for the first time in its 170-year history.

A university statement said £125 million would be invested in creating a new campus in Islington, North London.

Mayor John Biggs said he was deeply shocked and disappointed to learn of the university's decision to relocate.

The mayor stated that he would be seeking urgent talks with the

university authorities to see what can be done about the decision.

"The loss of all the student places in the Aldgate area is a blow, but the decision to relocate the Sir John Cass department of art, media and design is particularly upsetting," Mayor Biggs said.

The university statement said student feedback is the key drive behind the move.

And Professor John Raftery, Vice Chancellor of London Met, said the project will provide an enhanced student experience, and give students and staff more opportunities to collaborate.

Student union president Obie Opara said the proposed move may cause concerns for some students.



THEATREGOERS can snap up tickets for a gala performance of a West End musical, which is being held in aid of a national charity based in Tower Hamlets.

Proceeds from the opening night of ELF, starring Kimberley Walsh and Ben Forster (pictured), at the Dominion Theatre, will go to Alzheimer's Society in St Katharine's Way, Wapping.

The one-off event on Thursday, November 5,

would usually be reserved for celebrities and the media, but tickets are being offered to fans.

Jon Bodenham, director of fundraising at Alzheimer's Society, said money raised from the sale of tickets will be used to help support the 850,000 people living with dementia and continue vital research.

For more details visit [www.elfthemusical.co.uk](http://www.elfthemusical.co.uk) or [www.dominiontheatre.com](http://www.dominiontheatre.com)

### News in brief

#### Have your say

YOU can have your say on the way the council communicates with residents, as part of a review being carried out this week.

A team from the Local Government Association will host a public meeting at Idea Store Chrisp Street, 1 Vesey Path, E14, from 5.30pm on Wednesday, November 4.

#### Cash for ideas

CASH awards of up to £2,500 are being made available to young entrepreneurs who live, work or study in Tower Hamlets.

A foundation for social enterprise is looking for 16- to 25-year-olds to come up with an idea that will solve a social issue or benefit the borough.

Visit [www.youngunltd.org.uk/looking-for-support/towerhamlets/thseenawards](http://www.youngunltd.org.uk/looking-for-support/towerhamlets/thseenawards) to apply.

# Heritage grant ensures church has a future

BY JESSICA ODUBAYO

**URGENT** repairs are set to begin at St Paul's Church, Bow Common, after it received £223,400 from the Heritage Lottery Fund (HLF).

Work will be done to stabilise the inside of the church's soaring lantern roof.

The wavy concrete aisle roofs, along with the building's rainwater drainage system, will also be repaired, making the building watertight once more.

The church, built in 1958-60 by Maguire and Murray, was the first in the UK to be designed around a central altar.

In 2013, St Paul's won the National Churches Trust Diamond Jubilee Award for the best church built since 1953.



The porch lettering is by Ralph Beyer, designer of the lettering work for Coventry Cathedral. The 800 sq ft Murano glass mosaic mural by Charles Lutyens stretching around the interior is the largest in the UK by a single artist.

Rev Bernadette Hegarty, vicar of St Paul's, said: "We're delighted that the Heritage Lottery Fund has given us this support.

"St Paul's has a significant heritage and serves the people of Bow Common as a place of

worship and engagement, as well as attracting visitors from across the world on account of its architectural heritage.

"The grant will enable us to ensure that the building is preserved for future generations of worshippers and visitors."

The grant will also help deliver a range of activities designed to engage people more fully with the heritage of the church, including a heritage leaflet, a heritage section on the website and a number of events.

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ME TO FOCUS  
ON ACHIEVING  
MY AMBITION  
TO GO TO  
UNIVERSITY."**

**FARJANA**

Studied A-levels, progressing to City University to study Sociology with Psychology



**WWW.TOWER.AC.UK/OPEN**



## Greater chance of a natural birth

Barkantine Birth Centre provides state-of-the-art facilities for a safe, natural and positive experience – complete with pools for water births.

CALL 7791 8300 TO ARRANGE A VISIT

### Useful information

# Barts appoints chief executive

#### News from Barts Health Trust

**WE are delighted to have appointed Alwen Williams CBE as the chief executive of Barts Health NHS Trust.**

Alwen joined Barts Health as interim chief executive on June 1. She has been a manager in the NHS since 1980 and has 12 years' experience of being an NHS chief executive.

The appointment follows an open and competitive selection process, which included independent external assessment.

Commenting on the appointment, chair John Bacon said: "I am personally delighted and would like to congratulate Alwen and wish her every success in the role.

"The trust faces significant challenges in the period ahead, but I am confident that, under Alwen's leadership and with the support of the board, we will make the improvements necessary to deliver consistently safe and compassionate care."

Ms Williams said: "The immense scale of what staff at Barts Health do on a day-to-day basis is truly inspiring and I have been so proud to see some truly excellent care being provided since joining the trust as interim chief executive in June.

"We know that we have improvements to make – our patients deserve safe and compassionate care every single time they come to one of our hospitals or services.

"From meeting many dedicated and committed colleagues in wards and departments over the last few months, it is clear to me that we are determined to make the improvements and we have the skill and capability to do so."

#### Baroness tours birth facilities

MOTHERS and health workers at the Barkantine Birth Centre had the opportunity to comment on the care provided



Alwen Williams

when Baroness Cumberlege visited the Isle of Dogs clinic on September 21.

The centre, run by Barts Health NHS Trust, is one of many renowned midwifery-led services being visited by the baroness as she tours the country listening to the views and recommendations of mothers and staff for the future care of pregnant women.

Research shows that women who give birth in specialist midwife-led centres have a greater chance of a natural birth without the need for specialist interventions. In general, they have a better birth experience as well as improved support to breastfeed.

Since it opened in December 2007, more than 3,000 babies have been born at the centre. The midwives also offer antenatal and post-birth checks, active birth classes and breastfeeding support. The centre is fully equipped, complete with birthing pools for water births and double beds for partners who want to stay overnight.

Alison Herron, head of midwifery, said: "We were delighted to host the baroness. Each year more women choose the centre because of how we can help them to have the type of birth they want. We hope that local women will continue to take advantage of the range of state-of-the-art facilities that we offer to have a safe, natural and positive birthing experience."

Women can use the centre as long as they are in good health and have had an uncomplicated pregnancy.

Call 7791 8300 to find out more or arrange a visit.

#### Chemist rota

##### Pharmacists in Tower Hamlets with extended opening hours.

#### E1

**ABC Drug Stores**, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

**Beck & Sherman**, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

**Sainsbury's**, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

**Chapel**, 139 Cannon Street:

Mon-Fri 9am-8pm,  
Sat 9am-6pm.

#### E2

**Fairdale**, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

**Florida**, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

**Tesco**, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

#### E3

**Bell**, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

**Forward**, 648 Mile End Road: Mon-Fri 9am-7pm, Sat 9am-

6pm, Sun and bank holidays 10am-6pm.

**Green Light**, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.

**Lincoln**, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

**Boots**, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat 9am-6pm, Sun 12pm-6pm.

**Britannia (Perimart)**, Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

#### Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor).

To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

#### Advice

##### Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find high quality childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. fis@towerhamlets.gov.uk 7364 6495

##### Tower Hamlets Home Birth Support Group

Last Thurs of each month, 8pm. 31 Ridgdale Street, E3. 8981 1159

##### Parents Advice Centre (PAC)

Offers impartial advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-3.30pm. 7364 6489

##### LinkAge Plus

Toynbee Hall is one of five network centres that co-ordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1. 7392 2914 www.toynebeehall.org.uk

#### Welfare advice

All the organisations listed below can help you with welfare benefits, housing and general debt problems.

##### Account 3

1-9 Birkbeck Street, E2. 7739 7720 www.account3.org.uk

##### Bangladesh Youth Movement

21-23 Henriques St, E1. 7488 1831/2



##### Bromley by Bow Centre

St Leonard's Street, E3. 8709 9737 www.bbhc.org.uk

**Citizens Advice Bureau (CAB)** 32 Greatorex Street, E1. 7247 1050 www.adviceguide.org.uk

##### Island Advice Centre

Island House, Roserton Street, Isle of Dogs, E14. 7987 9379 www.island-advice.org.uk

##### Legal Advice Centre

University House, 104 Roman Road, E2. 8980 4205 www.legaladvicecentre.org.uk

**Limehouse Project**

Cheadle Hall, Cheadle House, Copenhagen Place, E14. 7538 0075 www.limehouseproject.org.uk

##### Praxis (New Residents Service)

Pott Street, E2. 7729 7985 www.praxis.org.uk

##### Tower Hamlets Law Centre

(specialist advice by appointment). Tower Hamlets Law Centre, Unit 1, St. Anne's Street, off 789-791 Commercial Road, E14. 7538 4909 www.thlc.co.uk

#### Debt advice

##### Toynbee Hall Advice Service

28 Commercial Street, E1. 7392 2953 advice@toynbeehall.org.uk www.toynbeehall.org.uk

##### Fair Money Advice

530 Commercial Road, E1. 7702 8032 www.fairfinance.org.uk

##### Island Advice Centre

Island House, Roserton Street, Isle of Dogs, E14. 7987 9379 www.island-advice.org.uk

##### National Debt Line

0808 808 4000 www.nationaldebtline.co.uk

## Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....

Address .....

Issue no. Page no.



## Help us to keep your borough clean

"Fly-tipping by businesses and residents is illegal. We encourage anyone who suspects that it is taking place to report it through our free FiFiLi app, by phoning 7364 5004 or via the council website."

CLLR AYAS MIAH

## Don't lose your vote

Residents who have not already registered to vote are being reminded to do so by the November 25 deadline.

[VOTE@TOWERHAMLETS.GOV.UK](mailto:VOTE@TOWERHAMLETS.GOV.UK)

### News

# Rogue trader dumped waste all over London

Serial fly-tipper convinced local businesses he was licensed waste broker

BY STEFAN SWIFT

**A ROGUE trader has been hit with a £10,000 bill and ordered to do 100 hours of unpaid work after illegally dumping waste across east London.**

Neil Phillips, of Massingham Street, Mile End, was fined and sentenced to a 12-month community order after admitting multiple offences relating to abandoned containers of waste.

The council's commercial waste enforcement team

worked with the Environment Agency to secure the conviction.

Ten businesses provided evidence that they had entered into waste removal contracts with Phillips, who operated under various company names, including C&L Recycling.

But rather than disposing of the waste correctly, Phillips dumped trailers containing refuse sacks of rotting food matter and cardboard on the streets of several London boroughs.

Phillips also unlawfully used a waste carrier's certificate belonging to someone else.

He pleaded guilty at Hammersmith Magistrates' Court on October 22 to seven offences of storing waste without an exemption or an environmental permit.

He also admitted one offence of acting as a broker or dealer in controlled waste without being registered.

Phillips was fined £200 for failing to register with the Environment Agency as a waste contractor, and ordered to pay costs of £10,168, a victim surcharge of £60, and a court charge of £150.

Mayor of Tower Hamlets, John Biggs, welcomed the conviction. He said: "The dumping of waste is a real problem across the borough and it is great that our work with the Environment Agency has led to this."

Cllr Ayas Miah, cabinet member for environment, added: "Fly-tipping by businesses and residents is illegal and we encourage anyone who suspects it is taking place to report it."

"You can do this through our free FiFiLi app, by calling Streetline on 7364 5004 or via the council website."

### News in brief

#### Christmas cheer

WHY not spread a little Christmas cheer by donating a festive shoebox packed full of presents.

From now until November 18, the boxes can be handed in at floating church St Peter's Barge, in West India Quay, as part of Operation Christmas Child.

Gifts can include anything from toys to toothbrushes and the barge has decorative boxes for sale at 50 pence.

For more information pick up a leaflet at the barge, or go to [www.samaritans-purse.org.uk/what-we-do/operation-christmas-child](http://www.samaritans-purse.org.uk/what-we-do/operation-christmas-child).

#### Electoral roll call

RESIDENTS are being reminded to return their household enquiry forms by Wednesday, November 25 or risk having

their name removed from the electoral register.

It is a legal requirement to confirm details relating to those living in a property.

The revised register will be published on December 1.

Call 7364 0872 or email [vote@towerhamlets.gov.uk](mailto:vote@towerhamlets.gov.uk) if you have not received a form or for further information.

#### Join Rotary Club

THE Rotary Club of Tower Hamlets, which supports local food banks, homelessness organisations, schools and other good causes, is inviting new members to join.

The club meets on Wednesdays at 7pm at the Captain Kidd Pub, 108 Wapping High Street.

For details, visit [www.towerhamletsrotary.org](http://www.towerhamletsrotary.org) or call 8500 4520.



Tahmina Begum finds being a Digital Buddy very rewarding

## Buddy up with web novices

**THE council is looking to recruit web-savvy volunteers to help novices get the most out of the internet.**

Those who sign up to be Digital Buddies will receive training at Idea Stores so they can pass on their knowledge to others.

Tahmina Islam, 46, from Stepney recently volunteered at Idea Store Watney Market, where she helped others access council services online, set up email accounts and look for jobs.

Tahmina said: "There are so many opportunities in the digital world.

"I enjoy helping those who want to get online

and those who want to do more online. I would strongly recommend the scheme to others.

"It is rewarding to help people develop the skills to work in a fast-paced digital environment today and in the future.

"Public libraries are one of the few public spaces where anyone can access digital knowledge and opportunities. It is a great place for people to learn and volunteer."

To find a Digital Buddy who can help develop your skills – or to become a Buddy to others – visit your local Idea Store or go to [www.towerhamlets.gov.uk/ideastore](http://www.towerhamlets.gov.uk/ideastore)

East London  
age UK

TOWER HAMLETS

## Handy Person Service



**Are you over 65? Or have recently been discharged from hospital? Or are you disabled? If any of these apply to you, and you receive any income support\*, then the council's free Handy Person Service may help you or someone you know.**

\*attendance allowance, carers allowance, carers credit, constant attendance allowance, disability living allowance, incapacity benefit and pension credit.

#### What is covered

(list is not exhaustive)

#### Home security

Fitting smoke alarms, carbon monoxide detectors, door locks and door chains

#### Accident prevention

Fixing grab rails, bannisters, replacing light bulbs

#### General handy person service

Draught proofing a door or window, installing telephone fittings, unblocking a drain

#### How it works

The Health and Housing Team will assess any hazards in the home and establish if any repairs are needed. If repairs are needed, Age UK East London will send a Handy Person round to fix them at a time convenient to you.

#### Contact

To be considered for the scheme or refer someone who you think needs it, contact: The Health and Housing Team, Environmental Health, Mulberry Place, 5 Clove Crescent, London E14 1BY, call 020 7364 5008 or visit [www.towerhamlets.gov.uk/healthyhomes](http://www.towerhamlets.gov.uk/healthyhomes)

## Inter-borough finals

The Wellness Games finals will be held at the Copper Box Arena in Queen Elizabeth Olympic Park.



## Weekly sports and exercise for over-50s

Young@Heart is a weekly programme aimed at increasing participation in physical activity and promoting healthy lifestyles for the over-50s, running in all of the borough's leisure centres.

SEE BELOW

## News



Competitors were all smiles when they tried out a range of sports at Mile End Park Leisure Centre



# Young@Heart, full of beans

BY SHALINA HUSSAIN

### SEASONED sports fans showed off their athletic prowess at the Over-50s Wellness Games trials.

Scores of people took part in mini-tennis, badminton, table tennis, timed cycling, dominoes, darts, short mat bowls, swimming and walking football at Mile End Park Leisure Centre on October 13.

The strongest 45 competitors will represent Team Tower Hamlets at the

inter-borough Wellness Games finals, which will be held at the Copper Box Arena in Queen Elizabeth Olympic Park on November 17. Last year the team came fourth.

They will train at the regular Young@Heart sessions until competition day.

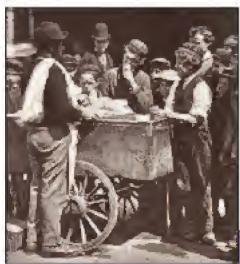
For full details of Young@Heart times and dates visit [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk) or call 7364 2437.

The event was organised by the council and supported by Better, the council's leisure centre operator.

“

Competitors took part in mini tennis, badminton, dominoes, darts, timed cycling, swimming, and more.





## London's love affair with shellfish

Costermongers nicknamed the long row of oyster boats, moored close along the wharf, 'Oyster Street' from where carts hauled oysters up into the East End.

SEE BELOW

## Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at [johnrennie@gmail.com](mailto:johnrennie@gmail.com)

[WWW.EASTLONDONHISTORY.COM](http://WWW.EASTLONDONHISTORY.COM)

### History

# Championing the humble oyster



BY JOHN RENNIE

**Above:**  
Oyster Street,  
Billingsgate  
as depicted in  
an illustration  
of the period

**EVERYBODY knows about East End food. Fish and chips of course; pie and mash definitely (though a curry is a much more likely Cockney meal these days). And shellfish.**

Tubby Isaac's stall on the corner of Petticoat Lane was, until a couple of years ago, the most obvious symbol of the East End love affair with crustacea, and a sad loss after nearly a century serving up cockles, mussels and prawns.

But oysters? The food of the moneyed classes not the hoi polloi, surely? Oysters though, made their move upmarket only relatively recently, when over-fishing drove supplies down and prices up. For 2,000 years, from the days of Londinium itself, the oyster had been the food of the common man.

Actually, until the Romans arrived in 43AD and founded the city that became London, Britons had been fairly indifferent to shellfish. They were a useful subsistence food, a fallback when meat or fish were hard to come by and good for animal feed, but nothing more. But the Romans brought with them a love of eating seafood of all kinds. Once the military invasion was over and traders and civilians began to settle, a demand swiftly built up for all kinds of shellfish.

Hence archaeological digs of Roman sites in the capital have revealed piles of

shells of mussels, whelks, cockles and limpets... exactly the items you would have found piled high on the stall of the late lamented (Messrs) Isaac. But London's particular glory was the oyster.

With the departure of the Romans, the oyster lost its status as a delicacy and disappeared from London tables for centuries, but by the early 8th century they were back in fashion, though throughout the Middle Ages there were strict rules about not mixing meat and fish (backed up by some rather suspect medieval medical beliefs about the combination being injurious to one's health). But by the 17th century, the old religious rules about never mixing the two had broken down and cooks were beginning to cook oysters with duck or capon, or stuffing them within turkeys.

And they were no rich man's food. On the streets of Whitechapel, Shoreditch, Spitalfields and Aldgate, alongside the piemen and other street vendors, would be costermongers selling oysters, sometimes raw (as they are generally eaten today), often cooked, and often pickled (which preserved them for the long journey into the heart of England). That wasn't an issue for the East End of course, whose citizens were dining on oysters freshly harvested from the beds of the Crouch and Roach rivers in Essex, from around that county's Mersea Island, and even from the Thames itself.



By the 19th century, oysters were decidedly the food of the poor. The eponymous Mr Pickwick encounters Sam Weller working in the White Hart Inn in The Borough, in Charles Dickens' *Pickwick Papers*. Weller remarks, knowingly: "Poverty and oysters always seem to go together."

By the middle of the 19th century, oysters and scallops were being dredged in huge numbers all along the Sussex coast by fleets of oyster smacks. The haul would come in to Billingsgate Market (these days on the Isle of Dogs but then, of course, in Lower Thames Street, in the City).

Henry Mayhew, that great chronicler of Victorian London described the oyster trade as being one of the oldest in the capital. "The costermongers have nicknamed the long row of oyster boats moored close along the wharf 'Oyster Street'... Each boat has its black signboard

and salesman in his white apron walking up and down 'his shop'."

From there, carts hauled oysters up into the East End. While every street corner would have a seller hawking shellfish, the pubs even put oysters on the counter as free bar snacks... salted and laced with vinegar they would do the same job as peanuts and crisps today, drying out the palate and encouraging the punters to down more beer.

Mayhew, being Mayhew, has an extraordinary conglomeration of facts about the Londoner's consumption of the oyster. He worked out that costermongers were selling 124 million oysters on London's streets each year. At four for a penny, this was realising a revenue of £129,650.

And such was the ubiquity of the oyster that by the mid-1800s, East End urchins had even invented something called Grotto Day – a kind of piscine 'penny for the guy'. At the beginning of August, the harvest of oysters was at its height, and Cockney lads and lasses would gather the discarded shells and build a grotto of them on a street corner. As adults passed they would be implored to 'please to remember the grotto' (cough up a halfpenny in other words). Begging certainly, but enterprising begging.

The East End was really born in the 1800s of course. In 1801, London's population stood at 865,000; by 1871 it was over 3 million, and vast numbers piled into the slums that now covered the once green fields of Middlesex, east of Aldgate. The Dictionary of Victorian London estimates that there were now more than 6,000 street food vendors working in the city, serving up pea soup, pies, hot eels, pickled whelks, chestnuts... and oysters.

But as quickly as it had become the poor man's staple, the oyster all but disappeared. The industrial fishing of the beds of Sussex and Essex quickly saw them exhausted. The poor oysters simply couldn't breed fast enough to satisfy the East End's insatiable hunger for *ostrea edulis*. Prices went up, and the oyster appeared only in the posh restaurants of the West End.

As for pickled oysters – that old East End staple – you'd struggle to find them anywhere. Sam Weller and Charles Dickens would be astonished to find the once humble oyster now exclusively the preserve of the well-off.

■ **Oyster: a gastronomic history (with recipes)** by Drew Smith, published by Abrams

## Isku soo dhawaashada

War iyo wacaal waxaad haysaan u  
soo dir boga isku soo dhaweynta  
bulshada ee East End Life.

7364 3179



## ক্রুটিপূর্ণ টেডি বিয়ার আমদানীর দায়ে ১৬ হাজার পাউন্ড জরিমানা

ওয়ার অব লন্ডনের কাছে দুর্ঘটনার সঙ্গবনাযুক্ত টেডি বিয়ার আমদানীর দায়ে এক ব্যবসায়িকে জরিমানা করেছে আদালত। আমদানীকারক প্রতিষ্ঠানকে আদালত ১২,৭০০ পাউন্ড জরিমানা করেছেন এবং এর ডিরেক্টরকে ব্যক্তিগতভাবে আরো ৩ হাজার ৫০০ পাউন্ড মামলার খরচ বাবদ প্রদানের নির্দেশ দিয়েছেন। বিস্তারিত পড়ুন নিচে –

£16,000 FINE FOR ILLEGAL TEDDY BEARS

## Harmony

# La dagaalanka cadaalad darada

Help reduce inequality in the Somali community

**COUNCILKA Tower Hamlets wuxu diyaariyey, koox waajibaadkeeda shaqo yahay wax ka qabashada cadaalad darada haystata bulshada Soomaalida.**

Kooxda Fulinta Waajibaadka gaarka ah, waxay eegaan siday u horumarin lahaayeen caafimaadka bulshada, waxbarashada, firsadaha shaqo ee bulshada, iyo inay diirada saaraan arima-ha guryaha la xidhiidha.

Kooxdoo waxay dadka de-gaanka ah ka codsanayaan inay ka mid noqdaan, kooxdan waajibaadka gaarka fulinaysa.

Xildhibaan Sirajul Islam, oo ah

ku xigeenka Duqa iyo xubin wasiir oo maamulka guriyeynta iyo fulin hawleeda ayaa wuxu yidhi: "Waxaan dadka degmada degan ka codsanayaa inay nagu taageeraan shaqada aanu qabanayno, si loo horumariyo dhaqaalaha, waxna looga bedelo nolosha bulshada Soomaalida ah ee ku nool Tower Hamlets.

"Guryaha, shaqooyinka, adeega dhalinyarada iyo adeegyada caafimaadku waxay muhiim u yihin nolosha dad aad u tiro badan.

"Kooxdan waajibaadka gaarka fulinaysa oo laga mid noq-

daa, waxay naga caawinaysaa inaanu ogaano, sida adeegyada councilku bixiyaa ay sida ugu fiican wax uga tari lahaayeen baahiyaha bulshada."

Xildhibaan Armina Ali ayaa Iyanaduna tidhi: "Waanu ixtiraamaynaa codka dadka. Hadaynu wadajir u shaqayno, adeegyada aanu fulinaynaa waxay noqonayaan qaar sidii lababay waxtar ugu leh dadka aad ugu baahan."

Si aad kooxda uga mid noqoto, wac Shanara 7364 4548 ama ku soo dir madluumaadkaaga email [consultation@towerhamlets.gov.uk](mailto:consultation@towerhamlets.gov.uk)



**Victoria, the queen of parks – see 1083**

**BEERTA Victoria ayaa loo aqoonsaday boqorada beeraha wadanka oo dhan mar kale sanadkii labaad. Victoria waxay heshay codakdii ugu badnaa abaalmarintii xulashada dadweynaha, Arbacadii, 21ka Oktober, ee ay soo qabanqaabiyeen ururka Keep Britain Tidy's Green Flag Plus partnership.**

## Dabaaldega natijadadii dugsiyada sare

Schools celebrate GCSE improvements – issue 1083

**ISKUULADA Tower Hamlets ayaa dabaal degey todobaadkan, ka dib markii lasoo saaray in deg-madu kaalinta shanaad ka gashay horumarka laga sameeyey natijadadii imtixa-naadkii dugsiyada sare.**

Xog ku meel gaadh ah oo ay saartay qaybta waxbarashadu, waxay muujinaysaa in ardayda dugsiyada sare ee ku guulaystay darajada shan A\* ilaa C ay kor u kacday 59.7% 2014kii ilaa 63.4% 2015ka.

Natijadani waxay aad uga duwan tahay natijada qaranka – oo tusaya in hoos u dhaca guud ee ardayda ku guulaysatay darajada shan A\* ilaa C uu yahay 53.4 ilaa 52.8%. Iskuulada degmada ee horumarka gaarka ah sameeyey waxa ka mid ah:

- Bishop Challoner Boys – oo muuijey inuu sameeyey horumarkii ugu weynaa, 21.6% korodh ah;
- Langdon Park – sidoo kale muuijey 15.6% korodh ah;
- Swanlea School – oo

sameeyey horumar ah 14.8%. Duqa Tower Hamlets John Biggs ayaa wuxu yidhi: "Waxaynu u baahanahay inaynu aqoonsano guulaha ay gaadeen iskuuladani. Shaqo wanaaga iyo go, aan qaadashada macaliminta iyo shaqaalaha, la, aantood horumarkani ma suurta galeen, waxaanan leeyahay hambalyo!"

Iskuulada iyo councilka oo wada shaqaynayaa, waxay baad-hayaan natijjooyinkii sanadi-hii tegey, si ay darsi uga bartaan.

## অর্থ সাশ্রয়ী প্রস্তাবণার গুলোর ওপর মতামত দিতে বাসিন্দাদের প্রতি কাউন্সিলের আহ্বান

**Have your say on savings proposals – page 5**

অর্থ সাশ্রয়ী সংক্রান্ত প্রস্তাবণার ওপর নিজেদের মতামত আগামী ৯ নভেম্বরের মধ্যে তুলে ধরার জন্য টাওয়ার হ্যামলেটস কাউন্সিলের পক্ষ থেকে বারার বাসিন্দাদের প্রতি অনুরোধ জানানো হয়েছে।

স্থানীয় সরকারকে দেয়া ক্ষেত্রীয় সরকারের তহবিল কর্তৃনের চলমান ধারা অব্যাহত থাকার কারণে টাওয়ার হ্যামলেটস কাউন্সিলেকে আগামী তিনি বছরে আরো ৬০ মিলিয়ন পাউন্ড সাশ্রয় কর্তৃনের হাত থেকে বারার সবচেয়ে অসহায় বাসিন্দাদের সুরক্ষা দিতে এবং উন্নত, স্বচ্ছ এবং সুনির্দিষ্ট লক্ষ্য নিয়ে প্রতীকী বাজেট বাস্তবায়ন করা। প্রত্যাশিত বাজেট ঘাটতি মোকাবেলায় কাউন্সিল জনসাধারণের সাথে আলোচনার লক্ষ্য আর্থিক সাশ্রয় পরিকল্পনাসমূহ গ্রহণ করেছে। এই প্রস্তাবণার সারাংশ কাউন্সিলের ওয়েবসাইটে দেয়া আছে। প্রস্তাবণাগুলোর পাশ্চাপাশি এগুলো বাস্তবায়ন হলে কী ধরনের প্রভাব পড়বে তাও ব্যাখ্যা করা হয়েছে।

কাউন্সিলের প্রস্তাবণার মধ্যে রয়েছে: অনলাইনে পাওয়া যাব এমন সার্ভিসের সংখ্যা বাড়ানো,

কিছু কিছু সার্ভিসের ক্ষেত্রে যারা সামর্থবান, তাদের কাছ থেকে বর্তীত ফি আদায়, কাউন্সিলের সকল ক্ষেত্রের কাছ থেকে যথাযথ অর্থমূল্য ও ফলাফল আদায় নিশ্চিত করণ, আর্থিক অনুদান ও ছাত্রবৃত্তির পরিমাণ হ্রাসকরণ ইত্যাদি।

মেয়ের, জন বিগস বলেন, পাবলিক সার্ভিসেকে আরো উন্নত করতে, আর্থিক কর্তৃনের হাত থেকে বারার সবচেয়ে অসহায় বাসিন্দাদের সাথে আলোচনা শুরু করেছে। সবার সাথে আলোচনার ভিত্তিতে আমরা তিনি বছর মেয়াদি মধ্যম মেয়াদি কর্মকোশল প্রয়োগ করতে সক্ষম হবো।

ইওয়ার বারার ইওয়েস শীর্ষক এই পাবলিক কনসালটেশনে সাশ্রয় প্রস্তাবণাগুলো নিয়ে জনসাধারণের সাথে মুখোমুখি আলোচনার পাশ্চাপাশি অনলাইনের ফিডব্যাক গ্রহণ করা হচ্ছে। কনসালটেশন শেষ হওয়ার পর প্রাপ্ত সকল ফিডব্যাক মূল্যায়ন করে সাশ্রয়ী প্রস্তাবণা গুলোকে চূড়ান্ত করা হবে, যা আগামী জানুয়ারী ২০১৬ এর কেবিনেট মিটিং এ পাশ করা হবে।

## ক্রুটিপূর্ণ টেডি বিয়ার আমদানীর দায়ে ১৬ হাজার পাউন্ড জরিমানা

**£16,000 fine for illegal teddy bears**

টাওয়ার অব লন্ডনের কাছে দুর্ঘটনার সঙ্গবনাযুক্ত টেডি বিয়ার আমদানী ও বিক্রির দায়ে এক ব্যবসায়িকে জরিমানা করেছে আদালত।

আমদানীকারক প্রতিষ্ঠান বিএন্ডএস সাপ্লাইজকে আদালত ১২ হাজার ৭০০ পাউন্ড জরিমানা করেছেন এবং এর ডিরেক্টরকে ব্যক্তিগতভাবে আরো ৩ হাজার ৫০০ পাউন্ড মামলার খরচ বাবদ প্রদানের নির্দেশ দিয়েছেন।

ক্রুটিপূর্ণ টেডি বিয়ার আমদানী ও বিপণনের দায়ে গত ৮ অক্টোবর টেমস ম্যাজান্ট্রেট কোর্টে শুলনি শেষে আদালত এই দন্ত ঘোষণা করেন।

ওয়েস্টমিনিস্টার কাউন্সিলের পক্ষ থেকে টাওয়ার হ্যামলেটস কাউন্সিলেকে সর্তক করে দিয়ে বলা হয় যে, দুর্ঘটনার কারণ হতে পারে এমন ক্রুটিপূর্ণ টেডি বিয়ার টাওয়ার অব লন্ডনের পাশে বিক্রি হচ্ছে। এই তথ্য পাওয়ার পরই কাউন্সিল পদক্ষেপ গ্রহণ করে।

উল্লেখ্য, এই টেডি বিয়ারগুলো স্মারক পুতুল, যেগুলো বীকিটার্স, পুরুষ অফিসার, টাওয়ার অব লন্ডনের গার্ড এর পোষাক পড়া এবং এগুলো পর্মটকদের কাছে লন্ডনের স্মারক পুরুষ ক্ষেত্রে বাসিন্দাদের সুরক্ষা নিশ্চিত করতে আমদানীর ফ্রিডেঙ স্ট্যাভার্জেস বিভাগের কর্মীরা অসাধারণ কাজ করেছেন। এর ফলে জনসাধারণ কেন পণ্য কেনার ক্ষেত্রে এর মান ও সতত ব্যাপারে আরো আস্থাশীল হবেন। টেডি বিয়ারগুলো বাজারে বিক্রির সুযোগ পাওয়া দুঃজোর হলেও, কাউন্সিল কর্মকর্তারা বিষয়টি অবগত হয়ে দ্রুত ও কার্য-কর পদক্ষেপ নেয়ায় এর সাথে জড়িতদের বিচারে আওতায় আনা সময় হয়েছে।

করা হয়। বি এন্ড এস দাবি করে যে, এই টেডি বিয়ারগুলোর নির্মাতা চাইনিজ কোম্পানী তাদেরকে এই মর্মে অবহিত করেছে যে, এগুলো নিরাপত্তা বিধান মেনেই নির্মান করা হয়েছে।

তবে আদালত তার আদেশে বলেন যে, ১৯৮৭ সালের কনসুমার এক্ট অন্যান্য বি এন্ড এস আমদানীকৃত সামগ্রী নিজেদের উদ্যোগে পরীক্ষা করে দেখার আইনী ব্যবস্থাবিক কাজ করেন।

কমিউনিটি সেক্টর বিষয়ক কেবিনেট মেম্বার, কাউন্সিল শিরিয়া খাতুন বলেন, অনিপাদ পণ্য সামগ্রী ব্যবহারের বুকি থেকে বাসিন্দাদের সুরক্ষা নিশ্চিত করতে আমদানীর ফ্রিডেঙ স্ট্যাভার্জেস বিভাগের কর্মীরা অসাধারণ কাজ করেছেন। এর ফলে জনসাধারণ কেন পণ্য কেনার ক্ষেত্রে এর মান ও সতত ব্যাপারে আরো আস্থাশীল হবেন। টেডি বিয়ারগুলো বাজারে বিক্রির সুযোগ পাওয়া দুঃজোর হলেও, কাউন্সিল কর্মকর্তারা বিষয়টি অবগত হয়ে দ্রুত ও কার্য-কর পদক্ষেপ নেয়ায় এর সাথে জড়িতদের বিচারে আওতায় আনা সময় হয়েছে।

টাওয়ার হ্যামলেটস বারার অবিদেশীয় আনন্দে করে এই ক্রুটিপূর্ণ টেডি বিয়ার আমদানীকারী প্রতিষ্ঠান ওয়ালখাম ফরেস্টের বি এন্ড এস স্যুভেনির সাপ্লাই লিমিটেডকে চিহ্নিত করে আস্থানের জন্য অনুরোধ করা হয়েছে।

পার্টনারদের সাথে যোগাযোগ করবে এবং কিভাবে ভবিষ্যতে সর্বেচ মানের সার্ভিস দিতে পারবে, তা খুঁজে বের করতে রিভিউ টিম কাজ করে।

অগামী ৪ নভেম্বর ব্রুকের বিকাল ৫.৩০টায় ক্রিসপ স্ট্রিট আইডিয়া স্টোরে (ইস্ট ইভিলি ডক রোড, লন্ডন ই১ ৬বিটি) পাবলিক সেশন অনুষ্ঠিত হবে। এতে অংশ নিয়ে নিজেদের অভিমত তুলে ধরার জন্য বাসিন্দাদের প্রতি অনুরোধ জানানো হয়েছে।

লকাল গভর্নমেন্ট এসোসিয়েশন কর্তৃক টাওয়ার হ্যামলেটস কাউন্সিলের কমিউনিকেশনস সার্ভিসের ওপর মূল্যায়ন কার্যক্রম ও থেকে ৫ নভেম্বর পর্যন্ত অনুষ্ঠিত হবে। কাউন্সিল কিভাবে বারার বাসিন্দা এবং ত





The crypt's passageway



Enjoying the recreational facilities

# Tales from the crypt

A shocking encounter with the reality of life on the streets, 50 years ago, led to the creation of a homelessness charity based in a church crypt that is still going strong today.

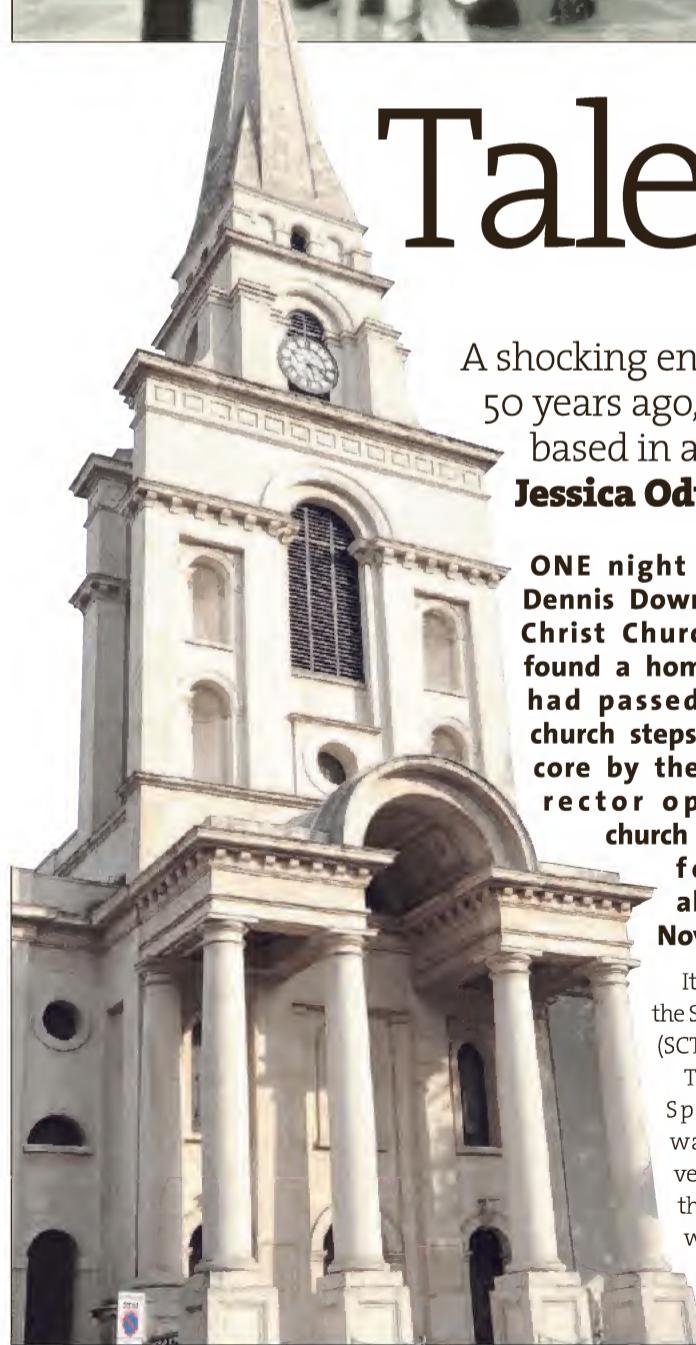
**Jessica Odubayo** reports.

**ONE night in early 1965, Dennis Downham, rector of Christ Church Spitalfields, found a homeless man who had passed away on the church steps. Shaken to the core by the discovery, the rector opened up the church crypt as a shelter for homeless, alcoholic men in November that year.**

It marked the start of the Spitalfields Crypt Trust (SCT) charity.

That was back when Spitalfields Market was a big fruit and vegetable market and the surrounding streets were largely derelict.

In the years since, the area has been transformed



**Left: Christ Church Spitalfields where the charity began and, above, the crypt which was used as a shelter for the homeless**

**“Two things remain the same... We care deeply about the people we work with... we are in for the long haul.”**

Graham Marshall,  
trust chief executive

out of all recognition. But the trust has kept up with the pace of change and remains as relevant now as ever, providing practical help, support and training to people who have been homeless and suffering from addiction.

Graham Marshall, trust chief executive, said: “Fifty years ago SCT provided one of the first residential rehabs in the UK for homeless alcoholic men.

“Today, we are almost unrecognisable as we now run a regular drop-in service for homeless people; a 16-bed residential recovery accommodation for alcoholics and drug addicts; four supported houses hosting 29 beds for those ready to integrate back into wider society; a training and personal development centre now teaching over 80 students per term; two social enterprises; relapse prevention groups and counselling services; and seven charity shops.”

There is a drop-in service providing food and drink, toiletries, clothes, advice, health checks and even a film club.

A personal development and training centre and a number of social enterprises including a furniture restoration project, gardening scheme and café also provide work experience and training.

Mr Marshall says that despite decades of evolution and change, the trust retains its original ethos.

“Two things remain the same,” he said. “We care deeply about the people we work with and want the best for them. Secondly, we are in for the long haul. We are not involved in short bursts before moving on to the next person.”

“Recovery takes time, involving healing, change and maturity in the inner person. That is where long-term and permanent change has to happen.”



A vintage view of the crypt transformed into a dormitory



This original kitchen provided many hot meals for residents



The dining room has traditionally provided sustenance and a place to socialise

# Sponsored sleep-in will raise vital extra funds

**IN its 50th anniversary year, the trust has hosted scores of activities to raise money to fund its ongoing work.**

Events have included 'flip flop Friday', where participants paid to wear flip flops or sandals to work and support the homeless; a gig in Brick Lane, a walk and run taking in the trust's charity shops; and a summer garden party to launch the charity's orchard and wild flower garden.

On Friday, November 6, the trust will hold what is probably its most ambitious fundraising event yet – a sponsored sleep-in at Christ Church Spitalfields – in the very crypt where the charity was founded.

The event aims to help meet the charity's target of raising an extra £50,000 this year.

More than 150 singers from seven corporate, community and professional choirs will perform a cappella at Spitalfields Market from 6pm. And at 7pm, the choirs will lead a procession towards Christ Church Spitalfields to help open the sleep-in.

For part of the night, guests including a royal visitor, speaker of the council Cllr Abdul Mukit MBE, and Rev Andy Rider, rector of Christ Church Spitalfields, will visit the crypt and speak to those taking part in the sleep-in.

Then those spending the night will bag their spots, dine on soup, listen to stories and watch films.

Storytellers include Alan Gilbey, author of *East End Back Passages*, Stefan Dickens from the Bishopsgate Institute, Toni Davey, writer/performer and community activist and former SCT crypt residents.

Steve Stride, whose dad was a vicar at Christ Church and later became chair of the trust committee, will be among the sleepers and will be sharing memories of the area. Steve was 12 years old when he became a volunteer in the crypt in 1970.

"The whole thing was an incredible experience that had a profound influence on me," he said.

*"Sometimes I can't quite believe how much Spitalfields has changed."*



**Actress Barbara Windsor flew the flag for SCT at their Charity Shop Strut event earlier this year**

"The people who came to our crypt in the 1970s were vulnerable and sometimes difficult but they were also warm and eager to share their background and stories," he commented.

Lights will go out at midnight. And the next morning at 10.30am on Saturday November 7, Bishop of Stepney, Adrian Newman, will lead a celebratory service of thanksgiving for 50 years of the trust and marking the newly finished redevelopment of the crypt at Christ Church Spitalfields.

Chief executive Graham Marshall said: "Fifty years ago, the trust opened one of the first shelters in the UK for homeless alcoholic men. Sadly today, there still remains a persistent need to help people through periods of addiction and homelessness, which are rapidly increasing again."

The sleep-in has capacity for 50 participants who are required to raise £300. To support the event or for further information, go to [www.sct.org.uk](http://www.sct.org.uk)



## A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at...

[WWW.TOWERHAMLETS.GOV.UK](http://WWW.TOWERHAMLETS.GOV.UK)

## Council information

### Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

### Meetings

#### Monday, November 2

7.15pm: Overview & scrutiny committee Reports for consideration include the annual procurement report; petition review; and strategic resources and planning 2016-17 and 2018-19.

For further information call David Knight on 7364 4878 or email [david.knight@towerhamlets.gov.uk](mailto:david.knight@towerhamlets.gov.uk)

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at [www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm](http://www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm)

#### Tuesday, November 3

##### 5.30pm: Cabinet

For more details call Matthew Mannion on 7364 4651 or email [matthew.mannion@towerhamlets.gov.uk](mailto:matthew.mannion@towerhamlets.gov.uk)

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG.

### Tower Hamlets online

[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

## Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

[WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM](http://WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM)

### Tower Hamlets forward planner

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For more details call Matthew Mannion on 7364 4651 or email [matthew.mannion@towerhamlets.gov.uk](mailto:matthew.mannion@towerhamlets.gov.uk)

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG.

### Planning

E1

**251-253 Commercial Road** – retrospective application to retain: air-conditioning units enclosed with timber cladding and a green wall at first-floor level; wall-mounted air-conditioning units and enclosures at first-floor level; altered ground-floor layout incorporating the ancillary café; revised retail frontage.

**143 Leman Street** – application for variation to condition 2 (approved plans) of planning permission, ref: PA/14/00661. Amendments: enlargement of third-floor extension; installation of glazing to south facade; installation of glass balustrades to third floor; alteration to external facing materials.

**81-91 Commercial Road** – demolition of top floor and plant room; construction of double-height roof extension to accommodate school hall including activities area, changing rooms, gym area and associated storage facilities.

**114 Vallance Road** – change of use of ground and first floor from use comprising vehicle parts and services and associated offices to gym.

**Caplin House, 330 Commercial Road** – tree work to large false acacia in yard, including a reduction of the crown overall by 2-3 metres and carry out a full crown inspection. Prune to shape and tidy up.

E1W

**Flat 13, Pelican Wharf, 58 Wapping Wall** – replace existing french doors with sliding doors.

E2

**57 Roman Road** – alterations to existing shopfront to create separate access to the upper floor and a door to provide direct street access to a new refuse storage facility.

**Gatehouse School, Sewardstone Road** – extension to existing school to provide new performance space, catering facilities, classrooms, a platform lift and associated minor internal and external alterations. These include a raised terrace and low-level fencing to nursery amenity space.

**Railway Tavern Public House, 131 Globe Road and 9 Portman Place** – submission of details re condition 4 (refuse store) of planning permission, ref: PA/15/02223.

### Public notices

#### PUBLIC NOTICE

#### LONDON BOROUGH OF TOWER HAMLETS

#### LICENSING ACT 2003

#### NOTICE OF APPLICATION FOR A PREMISES LICENCE

#### NOTICE IS GIVEN THAT CNTNR Limited has applied to London

Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003.

Premises: CNTNR Bar, Montgomery Square, Canary Wharf, London E14 5JJ

The licensable activities and timings are: Sale of Alcohol For period 25 November 2015 - 25 February 2016 Hours of operation:

1100-2300 Monday to Saturday  
1100-2230 Sunday

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG  
Website: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)  
Tel: 020 7364 5008

Representations must be received no later than 03/12/2015

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday

during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false

statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000)

**To advertise in East End Life, call...**

**Terri on 7364 4623 | Chris on 7364 494 | Fatima on 7364 4623 | Sharan on 7364 4061**

### Drug treatment providers

#### Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment.  
71 Johnson Street, E1.  
7790 1344  
[www.lifeline.org.uk](http://www.lifeline.org.uk)

#### Nafas

Support with a focus on Bangladeshi community.  
The Davenant Centre,  
179-181 Whitechapel Road, E1  
7377 0676.

#### Harbour Recovery Centre

In-patient detox for 18+ males.  
Riverside House, 4th Floor,  
20 Garford Street, E14.  
7538 9421

#### Young People's Service

Treatment for under-19s  
Unit 26, Skyline Village,  
Limeharbour, E14.  
3069 7878  
[www.lifeline.org.uk](http://www.lifeline.org.uk)

#### Isis

For women aged over 18  
c/o Hopetown Hostel,  
60 Old Montague Street, E1.  
7426 0399  
[www.compass-uk.org](http://www.compass-uk.org)

#### Community Alcohol Team

Unit 22, Skyline Village  
Limeharbour, E14.  
0800 008 7200  
[www.rapt.org.uk](http://www.rapt.org.uk)

#### Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi.  
Mind in Tower Hamlets & Newham, Open House  
13 Whitethorn Street, E3.  
7510 1081



# Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

[MY.TOWERHAMLETS.GOV.UK](http://MY.TOWERHAMLETS.GOV.UK)



# Did you get it?

Last week's picture was of St Peter's stone, Warner Place, E2.

## Council information

### Town Hall

Town Hall, Mulberry Place,  
5 Clove Crescent, E14 2BG.  
7364 5000

### Hotline numbers

Housing benefits – 7364 5001  
Council tax – 7364 5002  
Parking services – 7364 5003  
Streetline – 7364 5004  
Adult social care – 7364 5005  
Children's services – 7364 5006  
Pest and noise nuisance –  
7364 5007  
Employment & skills service  
(Skillsmatch) – 7364 3727  
Environmental health,  
trading standards & licensing  
– 7364 5008  
Planning & development  
– 7364 5009  
Business rates – 7364 5010  
Recruitment line – 7364 5011  
Electoral services – 7364 0872  
Tower Hamlets Homes  
– 7364 5015  
Healthline – 7364 5016  
Anti-Fraud – 0800 528 0294

### General enquiries

Council enquiries – 7364 5020.

### Useful housing numbers

Housing repairs – 0800 376 1637  
Tenancy support – 7364 5544  
Housing advice – 7364 3558  
Homeless service – 7364 7474  
Choice-based lettings  
– 7364 0244  
Homeseekers – 0845 270 2400

### Switchboard

If you know the name of the person or department you wish to speak to, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

### Report it!

#### To report an incident, use these 24-hour freephone numbers:

Non-emergency crimes – 101  
Textphone – 18001 101

If a crime is in progress,  
there is an emergency or if  
anyone is in immediate  
danger dial 999.

The council's domestic  
violence team can provide  
information, signposting and  
referrals to local services.  
Bengali speakers available

0800 279 5434 (office hours)

#### 24-hour domestic violence national helpline

0808 2000 247

Haven Whitechapel (sexual  
assault referral centre)

7247 4787

Karma Nirvana (Honour  
Network Helpline)

0800 5999 247

Broken Rainbow  
(LGBT domestic violence)

0845 260 4460

Black Women's Health  
& Family Support

8980 3503

Rights of Women

#### (legal advice)

7251 6577

Victim Support Line

0845 30 30 900

Victim Support Tower  
Hamlets

8555 8254

NSPCC Child Protection  
Helpline

0800 800 5000

Childline

0800 1111

Shelterline

0808 800 4444

Respect (for perpetrators)

0845 122 8609

#### Reunite (advice about child abduction)

0116 2556 234

#### Men's Advice Helpline

0808 8010 327

#### Samaritans

08457 909090

**Tower Hamlets Mediation  
Service offers confidential  
and impartial advice with  
neighbour conflict**

Free service for council tenants  
and leaseholders. 7702 8305

#### Trading standards

Consumer Direct: 08454 040506

### Walk-in services

#### One Stop Shops

Bethnal Green – 1 Rushmead,  
off Bethnal Green Road, E2

Bow & North Poplar – John  
Onslow House, 1 Ewart Place, E3

South Poplar – 15 Market

Square, Chrissp Street, E14

Stepney & Wapping –

Idea Store Watney Market,  
260 Commercial Road, E1.

Open Mon-Fri, 9am, doors

close at 4.30pm. Sat, 9am,

doors close 12.30pm at

Rushmead and Idea Store

Watney Market only.

### Idea Stores

Bow – Gladstone Place, E3.

Canary Wharf – Churchill

Place, Canary Wharf, E14.

Chrissp Street – Vesey Path, E14.

Whitechapel – 321 Whitechapel

Road, E1. 7364 4332

Watney Market –

Commercial E1. 7364 4332

All open: Mon to Thurs,

9am-9pm; Fri, 9am-6pm;

Sat, 9am-5pm. Sundays –

Bow and Chrissp Street

open, 10am-4pm;

Whitechapel, 11am-5pm; and

Canary Wharf, 12-6pm.

### Libraries

Bethnal Green – Cambridge  
Heath Road, E2. 8980 3902

Cubitt Town – Strattondale

Street, E14. 7987 3152

All open: Mon, Tues, Weds

& Fri, 10am-6pm; Thurs,

10am-8pm; Sat, 9am-5pm.

Local History Library and

Archives – 277 Bancroft Road,

E1. Open Tues, 10am-5pm;

Weds, 9am-5pm; Thurs,

9am-8pm; Sat (1st & 3rd of

the month), 9am-5pm.

7364 1290; email [localhistory@towerhamlets.gov.uk](mailto:localhistory@towerhamlets.gov.uk)

**Hamlets**  
A Mini Cooper Driving School  
**07956 289566**

THIS MONTH OFFERS:  
1/2 price 1st lesson Only £9.99  
Lessons @£15/hr, 4 hours = £60 (once only)  
Block bookings @£18/hr | PAY ONLINE | GIFT

- Tower Hamlets | Newham | Hackney | Redbridge
- Car: Mini Cooper 2012 plate MANUAL
- We only use DSA approved instructors
- PASS PLUS registered
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[www.hamletsdrivingschool.co.uk](http://www.hamletsdrivingschool.co.uk)

**First Class Learning**  
Maths & English Tuition

for 5 to 16 yrs (Primary to GCSE)

**2 weeks FREE tuition**  
Registration fee applies

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07947 841 818

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[www.firstclasslearning.co.uk/bow](http://www.firstclasslearning.co.uk/bow)

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Driving School  
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Award-winning photo/videographer available to hire for weddings, personal portraits, occasions and more. 5 years experience working with blue chip and personal clients. Own equipment and competitive prices. Located in Bow, East London, willing to travel.

Call on: 07545335168, or visit: [www.digital-mushroom.com](http://www.digital-mushroom.com)

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RENT GUARANTEE**

1-6 BEDROOM PROPERTIES URGENTLY  
REQUIRED IN ALL AREAS OF LONDON

- FREE GAS SAFETY & EPC CERTIFICATE
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CALL FOR A FREE RENTAL VALUATION  
**0203 384 2636**

**eLondon Lets**  
Lettings & Management

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SCHOOL OF MOTORING

Packages Available  
5 Lessons  
10 Lessons  
20 Lessons

from  
**£15** \* per hour  
First 2 hrs £25\*

Discounts for  
Students  
Block Booking  
Intensive Courses

**07950 567 202**

\*Conditions apply



# Morpeth Sixth Form



"Study in our outstanding school"

## OPEN EVENING

Wednesday 11th November 2015

4.30pm – 7.00pm

Morpeth School, Portman Place,  
London E2 OPX

*All students must be accompanied by an adult*

Aiming High and Achieving

- A\*/A grades 28%
- A\*/B grades 50%
- Wide range of A Level and BTEC courses
- Our students go on to leading universities
- High standard of teaching
- One to one academic mentoring
- Extensive enrichment opportunities
- A caring and supportive environment

Visit [www.morpethschool.org.uk](http://www.morpethschool.org.uk)

We need your support.  
We hope you never need ours.



Support  
London's Air  
Ambulance



With your donation,  
we will save more lives

Go to: [londonsairambulance.co.uk/donate](http://londonsairambulance.co.uk/donate)

Alternatively contact us to find out how you can work with us,  
email: [donorsupport@londonsairambulance.co.uk](mailto:donorsupport@londonsairambulance.co.uk)  
or call us on: 020 7220 5490

Registered Charity London's Air Ambulance is the registered charity that delivers an advanced trauma team to critically injured people in London. Registered Charity (801013).



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\* Full Size Snooker Tables \*  
\* American Pool Tables \*  
\* Open 24 Hours a Day \* 1st Hour Free \*

Join today and receive a  
**FREE SNOOKER OR  
POOL CUE**  
worth £39.99



Upton Park  
Snooker & American Pool

358-362 Green Street, Upton Park  
London E13 9AP

Nearest Tube: Upton Park on the District Line  
We are situated above Iceland on Green Street

Tel: 020 8471 3638

[www.uptonparksnooker.co.uk](http://www.uptonparksnooker.co.uk)

Mile End  
American Pool & Snooker

229 Mile End Road, Stepney Green  
London E1 4AA

Nearest Tube:  
Stepney Green on the District Line (150 metres)

Tel: 020 7265 8506

[www.mileendsnooker.co.uk](http://www.mileendsnooker.co.uk)

TO OBTAIN THIS OFFER, A FULL TWO YEARS' MEMBERSHIP OF EITHER CLUB MUST BE TAKEN OUT.  
FULL TERMS AND CONDITIONS WILL APPLY. OFFER FOR A LIMITED PERIOD ONLY

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CALL NOW:  
**020 8980 3377**

236 ROMAN ROAD, LONDON, E2 0RY  
EMAIL: [INFO@HAMLETT'S.COM](mailto:INFO@HAMLETT'S.COM)  
TEL: 020 8980 3377 FAX: 020 8980 9434

**hamletts.com**  
the property management company

\*Terms and conditions apply

# Have Your Voice Heard!

Showcasing the best of sporting, learning, artistic and community activities and events for young people

**2-8 November 2015**

Poster artwork: Art competition winners Samiul Rahim and Ali Mohammed

2 - 8 NOVEMBER  
Youth Work Week  
2015

**NYA**  
National Youth Agency

  
TOWER HAMLETS



To get involved or find out what's on near you visit [www.towerhamlets.gov.uk/youth](http://www.towerhamlets.gov.uk/youth)

## CELEBRATING YOUTH WORK WEEK

### Catering & Cleaning Opportunities



#### Part-time Kitchen Assistants and Cleaners

- 16hrs 15mins per week within Tower Hamlets schools
- Kitchen Assistants - term-time only
- Cleaners - working all year round, 10 to 20 hours per week
- £9.35 per hour
- Knowledge of food hygiene and safety is desirable
- Previous cleaning experience desirable

Please contact Skillsmatch on **020 7364 0626** and leave your name and number. Quote ref **KA1115** for Kitchen Assistants, and **CLN1115** for Cleaners.

**Deadline for leaving details is Friday 13 November at 12:00pm**



EQUALITY  
FRAMEWORK  
FOR LOCAL  
GOVERNMENT  
EXCELLENT

POSITIVE ABOUT  
DISABLED PEOPLE



INVESTORS  
IN PEOPLE | Silver

**Skillsmatch**  
INNOVATION IN JOB BROKERAGE

# Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



## Team Manager - Children Looked After

Children's Services Directorate  
Ref: ESW00580 | Closing date: 08.11.2015

£43,620 - £46,359  
per annum

## Senior Strategy, Policy and Performance Officer (x2)

Law, Probity & Governance Directorate  
Ref: LPG00083 | Permanent & 12 Months Fixed Term  
Closing date: 15.11.2015

£41,811 - £44,544  
per annum

## Borough Urban Design Officer

Development & Renewal Directorate  
Ref: DEV00592 | Closing date: 15.11.2015

£39,069 - £44,544  
per annum

## Occupational Health Advisor

Resources Directorate  
Ref: RES00308 | 12 Months Fixed Term Contract  
Closing date: 08.11.2015

£36,186 - £39,069  
per annum

## Governor Support Officer

Children's Services Directorate  
Ref: ESW00609 | Closing date: 08.11.2015

£33,579 - £36,186  
per annum

## Social Worker – Children Looked After (x2)

Children's Services Directorate  
Ref: CSD00026 | Closing date: 08.11.2015

£32,157 - £41,811  
per annum

## Social Worker – Children Looked After (x2)

Children's Services Directorate  
Ref: CSD00022-1 | Closing date: 08.11.2015

£32,157 - £41,811  
per annum

## Social Worker x4 (Assessment and Intervention)

Children's Services Directorate  
Ref: ESW00406 | Closing date: 08.11.2015

£32,157 - £41,811  
per annum

## Heritage and Design Officer

Development & Renewal Directorate  
Ref: DEV00592 | Closing date: 15.11.2015

£28,845 - £39,069  
per annum

## Family Support Worker

Children's Services Directorate  
Ref: CSD00037 | Closing date: 08.11.2015

£26,337 - £27,879  
per annum

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

[www.towerhamlets.gov.uk/careers](http://www.towerhamlets.gov.uk/careers)

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



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IN PEOPLE | Silver



If you would like to advertise in East End Life, call Terri on 7364 4682, Chris on 7364 4994, Sharan on 7364 4061, or Fatima on 7364 4623

## Lincoln Hall Pre School Inclusion Assistant

Flexibility is essential.

Mornings or afternoons, depending on the intake each new term. Hours: Monday to Friday | AM 8.45-11.45 or PM 12.30-3.45. 15hrs per week with children + additional 1hr for paperwork. Salary: from £8.25-£9.95 per hour (dependent on qualifications and experience). Mainly term times only.

At least a Level 2 childcare qualification on QCA framework of qualifications or equivalent. At least 2 years' experience, paid or voluntary, of working with children aged 2-5 years necessary.

For an application pack, please send an A4 90p stamped addressed envelope, stating the REF:LH02, to: Early Years Network Tower Hamlets, 15 Kelsey Street, London E2 6HD.

Closing Date: 19th November 2015

To reserve your space in East End Life, please call us to book by midday on the Tuesday prior to the Monday publication date.



opportunity  
choice  
and  
wellbeing

Providing Personalised Care and Support in Tower Hamlets

## Extra Care Workers

Ref: 11975EEL

Various part-time roles across Tower Hamlets, £9.15 per hour plus accrued holiday credit

We are seeking warm, caring and positive people to provide person-centred care and support to older people living in Extra Care housing in Tower Hamlets. You will be committed to promoting positive health and emotional wellbeing and an excellent quality of life.

You will support people to enjoy stimulating activities and to make community connections as well as providing respectful personal care and practical support with household tasks and tenancy management. You must be flexible, energetic and reliable.

The ability to work in a holistic way to promote independence through a reablement approach is essential. A variety of flexible hours and working patterns can be considered at our services in Hoxton, Mile End, Poplar, Shadwell, Limehouse and Stepney Green.

WE ARE ALSO RECRUITING SENIOR MANAGEMENT AND RELIEF WORKER ROLES - PLEASE SEE OUR WEBSITE.

Closing Date: 19 November 2015

email [recruitment@creativesupport.co.uk](mailto:recruitment@creativesupport.co.uk) or visit [www.creativesupport.co.uk/jobs](http://www.creativesupport.co.uk/jobs)

A progressive not for profit agency (charitable status 27440R) which promotes equality of opportunity for all.



## Mulberry

School for Girls

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T: 0207 790 6327 F: 020 7265 9882  
[headspa@mulberry.towerhamlets.sch.uk](mailto:headspa@mulberry.towerhamlets.sch.uk)

## 4 SEN TEACHING ASSISTANTS Required from 16th November 2015

Full Time, fixed term temporary contracts until July 2016

Higher Level Teaching Assistant with 3 days Team Leader responsibility Term time only Salary: NJC Scale 6 (Mon-Weds) Scale 2 (Thurs, Fri)

KS5 Pre-Entry Specialist TA  
Term time only (35 hours per week)

Salary: NJC Scale 3

Home School Liaison Specialist TA, Bengali Speaker Term time only (35 hours per week) Salary: NJC Scale 3

Teaching Assistant

Term time only (28.5 hours per week)

Salary: NJC Scale 2

The school is seeking to appoint four Teaching Assistants (full time) for the Support for Learning Faculty. The successful applicants will have a specific area of responsibility to provide the appropriate support for students' learning needs. Experience of working with young people and an interest in Special Needs is essential. Post holders will work using multi-sensory techniques with groups or individuals some of whom have severe and complex needs.

Applicants should possess good ICT, communication, literacy & numeric skills, and have at least GCSE Level C in maths and English and NVQ 3 (or equivalent).

The school is committed to the support and professional development of all staff.

Applications forms and further details are available from the school. CVs are not accepted. Successful candidates will be subject to DBS check.

Completed application forms must be returned to the School by: 4pm on Monday 9th November 2015. Please specify for which role or roles you are applying.

Interviews will take place for shortlisted candidates in November 2015.



## CALLING ALL TOWER HAMLETS GRADUATES!

**Are you interested in working in the education sector?**

### Graduate Support Work in Schools

Skillsmatch in partnership with Phoenix Primary and Secondary School are offering a 12-week part-time Graduate Teaching Assistant course including a work placement with special educational needs children.

If you would like to see if this course is right for you, we are taking bookings for a tour of the school on Tuesday 10 November 2015.

Please call 020 7364 0626 to book your place.

#### Application day:

**Wednesday 18 November 2015  
at 10am**

At Skillsmatch, 55 Upper Bank Street (Aspen Way end), Canary Wharf, London E14 5GJ

Ensure you arrive on time, as there will be no late admittance. The information sessions last for up to 2 hours. At the session you will have the opportunity

to complete an application form.

Applications cannot be sent out by post.

#### To qualify to attend a session you must:

- be a resident of Tower Hamlets
- over 18 years of age
- be available for the full 12-week course
- must hold a degree in any subject

You do not have to be unemployed but preference is given to those who are. Please bring your CV and education certificates with you as this will help in completing the application form.

We are committed to safeguarding and promoting the welfare of children and young people and expect all learners to share this commitment.

Successful applicants will need to undertake an enhanced disclosure (DBS) criminal record check.

## INTRODUCTION TO SUPPORT WORK IN SCHOOLS

### Are you interested in training to support children's learning in the classroom?

Tower Hamlets Support for Learning Service in partnership with LBTH Skillsmatch offers a 16-week part-time Teaching Assistant course with work placements in schools.

### To find out more, come along to one of the information sessions to be held on:

**Wednesday 18 November 2015  
at 2:00pm, or**

**Thursday 19 November 2015  
at 10:00am**

At Skillsmatch, 55 Upper Bank Street (Aspen Way end), Canary Wharf, London E14 5GJ

Ensure you arrive on time, as there will be no late admittance. The information sessions last for up to 2 hours.

At the session you will have the opportunity to complete an application form.

Applications cannot be sent out by post.

#### To qualify to attend a session you must:

- be a resident of Tower Hamlets
- over 18 years of age
- be available for the full 16-week course
- must have minimum A – C GCSE English and Mathematics or level 2 equivalent

You do not have to be unemployed but preference is given to those who are. Please bring your CV and education certificates with you as this will help in completing the application form.

We are committed to safeguarding and promoting the welfare of children and young people and expect all learners to share this commitment.

Successful applicants will need to undertake an enhanced disclosure (DBS) criminal record check.



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## SWANLEA SCHOOL BUSINESS & ENTERPRISE COLLEGE



### Midday Meals Supervisor

5 hours per week • Term time only  
£9.34 per hour

Do you enjoy working with young people? This is an ideal opportunity to be part of a professional team of midday staff who supervise the dining and recreation facilities at this busy secondary school. You will start work at 12:40pm each day during term time.

To apply, please go to:  
[www.teeshirewire.com/SwanleaSchool/E15DJ](http://www.teeshirewire.com/SwanleaSchool/E15DJ) and send your completed application form to [officeadmin@swanlea.towerhamlets.sch.uk](mailto:officeadmin@swanlea.towerhamlets.sch.uk)  
Closing date: 9.00am on 6th November 2015.

Swanlea School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. All posts are subject to a satisfactory enhanced Disclosure and Barring Service check and references.

## Why you should read Public and Legal notices

Public and Legal notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.

**OFFICE CLEANER WANTED**

Place of work: Liverpool Street, E1 7HW  
Hours: 8am - 4pm, school term time only (39 weeks/year) – alternative hours may be negotiated  
Salary: £13,835 p.a.

We need a reliable, friendly person to ensure that our 3-floor office is cleaned to a high standard, and to prepare for meetings.

If you are interested, contact Nina on 01275 331 230

**Did you know....**  
you could advertise here for as little as £72 + VAT? Call...  
**Chris on 7364 4994** **Terri on 7364 4682**  
**Fatima on 7364 4623** **Sharan on 7364 4061**

## Public notices

### TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2015

#### Notice under Article 13 of Application for Planning Permission

Proposed development at: 24-26 White Post Lane, London, E9 5EP

We give notice that:  
**Rothbury Road Limited**

Is applying to **London Legacy Development Corporation** for planning permission for:

“Demolition of existing buildings and erection of four new linked buildings to provide

2,916sqm business floorspace (Use Class B1c), 103 residential units (Class C3), commercial yard, new public realm, vehicular access, together with car and cycle parking, landscaping and other associated works”.

Any owner of the land who wishes to make representations about these applications should write to **London Legacy Development Corporation**  
Level 10, 1 Stratford Place, Montfichet Road, London, E20 1EJ within 21 days from the date of this notice

Signed: **Gerald Eve LLP**  
On behalf of: **Rothbury Road Limited**  
Date: 23 October 2015

Statement of owners' rights: The grant of planning permission does not affect owners' rights to retain or dispose of their property, unless there is some provision to the contrary in an agreement or lease.

Statement of agricultural tenants' rights: The grant of planning permission for non-agricultural development may affect agricultural tenants' security of tenure.

'Owner' means a person having a freehold interest or a leasehold interest the unexpired term of which is not less than seven years.

'Tenant' means a tenant of an agricultural holding any part of which is comprised in the land.

# THE LONDON BOROUGH OF TOWER HAMLETS (BLACKWALL REACH) COMPULSORY PURCHASE ORDER 2013

## The Town and Country Planning Act 1990 – Section 226(1)(a) The Acquisition of Land Act 1981

1. Notice is hereby given that the Secretary of State for Communities and Local Government in exercise of his powers under the above Acts, on 20 August 2015 confirmed the London Borough of Tower Hamlets (Blackwall Reach) Compulsory Purchase Order 2013 (subject to modification) submitted by the London Borough of Tower Hamlets.
2. The order as confirmed provides for the purchase for the purposes of facilitating the carrying out of development, redevelopment and improvement of the area for the provision of new residential dwellings, retail, office and community uses, extended school, replacement Mosque, energy centre, improved open space and play facilities, landscaping, new bus terminus and car parking. These uses are all likely to contribute to achieving the promotion or improvement of the economic, social or environmental well-being of the area of the land described in the Schedule hereto.
3. A copy of the order as confirmed by the Secretary of State for Communities and Local Government and of the map referred to therein have been deposited at the Council's offices Town Hall, Mulberry Place, 5 Clove Crescent, London E14 2BG and may be seen at all reasonable hours.
4. The order as confirmed becomes operative on the date on which this Notice is first published. A person aggrieved by the order may, by application to the High Court within 6 weeks from that date, challenge its validity under Section 23 of the Acquisition of Land Act 1981. The grounds for challenge can be that the authorisation granted by the order is not empowered to be granted or that there has been a failure to comply with any relevant statutory requirement relating to the order.

### SCHEDULE

#### LAND COMPRISED IN THE ORDER AS CONFIRMED

##### LAND TO BE ACQUIRED:

1. Land including, residential buildings, flats and/or other dwellings and garages at Blackwall Reach principally consisting of 1 – 214 Robin Hood Gardens, 1-22 Anderson House, 2-10 Woolmore Street (evens only), 1-11 Mackrow Walk, 304, 306-314, 316 and 318 Poplar High Street, one transformer chamber and one electricity substation together with the land and roads within the vicinity of those buildings, **except those interests owned by the London Borough of Tower Hamlets and some interests owned by Transport for London**.

**Signed:** Melanie Clay, Director of Law Probity & Governance and Monitoring Officer on behalf of the London Borough of Tower Hamlets

**Dated:** 26 October 2015

#### PRELIMINARY NOTICE OF INTENTION TO MAKE GENERAL VESTING DECLARATION

#### STATEMENT OF EFFECT OF PARTS II AND III OF THE COMPULSORY PURCHASE (VESTING DECLARATIONS) ACT 1981

#### THE LONDON BOROUGH OF TOWER HAMLETS (BLACKWALL REACH) COMPULSORY PURCHASE ORDER 2013

##### PART 1

###### Power to make general vesting declaration

1. The London Borough of Tower Hamlets (hereinafter called "the Council") may acquire any of the land described in the Schedule above (excluding 168 and 201 Robin Hood Gardens) by making a general vesting declaration under section 4 of the Compulsory Purchase (Vesting Declarations) Act 1981. This has the effect, subject to paragraph 4 below, of vesting the land in the Council at the end of the period mentioned in paragraph 2 below. A declaration may not be made before the end of a period of two months from the first publication of a notice which includes this statement except with the consent in writing of every occupier of the land affected.

###### Notices concerning general vesting declaration

2. As soon as may be after the Council make a general vesting declaration, they must serve notice of it on every occupier of any of the land specified in the declaration (except land where there is one of the tenancies described in paragraph 3) and on every person who gives them information relating to the land in pursuance of the invitation contained in any notice. When the service of notices of the general vesting declaration is completed, a further period begins to run. This period, which must not be less than 28 days, will be specified in the declaration. On the first day after the end of this period ("the vesting date") the land described in the declaration will, subject to what is said in paragraph 4, vest in the Council together with the right to enter on the land and take possession of it. Every person on whom the Council could have served a notice to treat in respect of his interest in the land (other than a tenant under one of the tenancies described in paragraph 3) will be entitled to claim compensation for the acquisition of his interest in the land, with interest on the compensation from the vesting date.

##### Modifications with respect to certain tenancies

3. In the case of certain tenancies, the position stated above is subject to modifications. The modifications apply where the tenancy is either a "minor tenancy" i.e. a tenancy for a year or a yearly tenancy or a lesser interest, or "a long tenancy which is about to expire". The latter expression means a tenancy granted for an interest greater than a minor tenancy but having on the vesting date a period still to run which is not more than the period specified in the declaration for this purpose (which must not be more than a year). In calculating how long a tenancy has still to run, where an option to renew or to terminate it is available to either party, it shall be assumed that the landlord will take every opportunity open to him to terminate the tenancy while the tenant will use every opportunity to retain or renew his interest.
4. The modifications are that the Council may not exercise the right of entry referred to in paragraph 2 in respect of land subject to a tenancy described in paragraph 3 unless they first serve a notice to treat in respect of the tenancy and then serve every occupier of the land with a notice of their intention to enter and take possession after the period (not less than 14 days from the service of the notice) specified in the notice. The right of entry will be exercisable at the end of that period. The vesting of the land will be subject to the tenancy until the end of that period or until the tenancy comes to an end, whichever happens first.

**Signed:** Melanie Clay, Director of Law Probity & Governance and Monitoring Officer on behalf of the London Borough of Tower Hamlets

**Dated:** 26 October 2015

##### Invitation to Give Information

Every person who, if a general vesting declaration were made in respect of all of the land comprised in the Order (other than land in respect of which notice to treat has been given), would be entitled to compensation in respect of any such land, is invited to give information to the Council by making the declaration in the prescribed form with respect to his name and address and the land in question.

The relevant prescribed form is set out below.

##### PART 2(a)

###### Form for Giving Information

#### THE LONDON BOROUGH OF TOWER HAMLETS (BLACKWALL REACH) COMPULSORY PURCHASE ORDER 2013

From:

**To: The London Borough of Tower Hamlets**

[I] [We] being [a person] [persons] who, if a general vesting declaration were made under section 4 of the Compulsory Purchase (Vesting Declarations) Act 1981 in respect of the land comprised in the compulsory purchase order cited above in respect of which notice to treat has not been given, would be entitled to claim compensation in respect of [all] [part of] that land, give you the following information, pursuant to the provisions of section 3 of that Act.

1. Name and address of informant(s) (i) .....

.....

2. Land in which an interest is held by informant(s) (ii) .....

.....

3. Nature of interest (iii) .....

.....

Signed .....

On behalf of .....

Date .....

(i) In the case of a joint interest insert the names and addresses of all the informants.

(ii) The land should be described concisely.

(iii) If the interest is leasehold, the date of commencement and length of term should be given. If the land is subject to a mortgage or other in-cumbrance, details should be given, e.g. name or building society and roll number.'

**Please send completed Information Form to:**

**Hannah Yexley**

**Ardent**

**Level 30**

**40 Bank Street**

**London E14 5NR**



## LONDON BOROUGH OF TOWER HAMLETS

### PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

**82 Three Colt Street, London, E14 8AP** PA/15/2743/CHG

Update shop front and grill.

**2 Tomlins Grove, London, E3 4NX** PA/15/2901/CHG

Proposed two-storey rear infill-extension and internal reconfigurations and refurbishment of building, including removal of rear chimney breast, to create a self contained basement flat and a three-storey three bed house. Trimming of hawthorn tree in rear garden.

**Flat 33, Tannery House, 6 Deal Street, London, E1 5AG** PA/15/2913/HHA

Replace deteriorated, rotten and leaking original softwood windows with like for like hardwood windows.

**3-5 Toynbee Street, London, E1 7NE** PA/15/2920/LYM

Retrospective application for works to shop front: removal of exterior security shutter and installation of secure double doors, secondary glazing and aluminium tray fascia.

**3-5 Toynbee Street, London, E1 7NE** PA/15/297/LYM

Retrospective application for aluminium fascia

**Gatehouse School, Sewardstone Road, London** PA/15/2881/ZAP

Extension to the existing school to provide a series of new facilities, such as a Performance Space, Catering Facilities, additional Classrooms, a Platform Lift and associated minor internal and external alterations. These include a raised terrace, the relocation of Staff and Nursery Facilities, low level fencing to the Nursery Amenity Space and a DDA WC.

**81-91 Commercial Road, London** PA/15/2877/EBW

Demolition of top floor and plant room; erection of double height roof extension to accommodate school hall including, activities area, changing rooms, gym area and associated storage facilities.

**81 Roman Road, London, E2 0QN** PA/15/2581/ZAP

Proposed alterations to existing 2 bedroom flat to form 2 studio flats including second floor rear extension.

**Bow Business Centre, 153 - 159, Bow Road, London, E3 2SE** PA/15/2862 & 2863CHG

Replacement of existing 3no. replica flagpoles with 3no. new replica flagpoles, replacement of screened equipment cabinets on existing steelwork, re-use of existing cabling and development ancillary thereto.

**Ground Floor, 20 Bishops Square, E1 6GH** PA/15/2802/DHA

Alterations to shopfront including installation of 3 new windows.

**Ground Floor, 20 Bishops Square, E1 6GH** PA/15/2803/DHA

Alterations to existing signage including installation of 1 x non-illuminated fascia sign and 2 x internally illuminated projecting signs.

**Flat 523, Lexington Building, Fairfield Road, London, E3 2UF** PA/15/2801/BMC

Replacement of existing skylight window with skylight window that is 6cms larger in each direction.

**30 - 39 Albert Gardens, London** PA/15/2832/HDH

Internal Refurbishment of basements and external works to front of no 30-39 Albert gardens.

**Gun Tavern Public House, 27 Cold Harbour, London, E14 9NS** PA/15/2779 & 2780/SAE

Enclosure of terrace area abutting the river side with electrically operated retractable roof and frameless sliding doors mounted onto retaining wall on the outer side of intermediate posts. Retention of existing timber decking.

**West India Quay, Hertsmere Road, London, E14 4AN** PA/15/2776/SAE

Strip out the displays in the front gallery on the third floor of the museum to expose the fabric of the building, making good where necessary to floors and brickwork plus installation of new partitions to the rear of gallery

**5 Antill Terrace, London, E1 0QG**

PA/15/2952/HAM

Erection of a single-storey rear extension and demolition of utility wing.

**Flat 1, Arthur Wade House, Baroness Road, London, E2 7PL**

PA/15/2763/DHA

Replacement of single pane glass metal frame windows, with white UPVC double glazed windows in a like for like configuration.

Replacement of old white UPVC rear door with new white UPVC double glazed doors.

Replacement of front semi glazed timber door with new semi glazed timber door.

**The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.**

**67 Brookesley Street, London, E3 4QJ**

PA/15/2938/SAE

Proposed part double rear extension with garden shed. Two conservation type velux windows to front elevation.

**61 Loyal Road, London, E3 5QQ**

PA/15/2835/HAM

Removal of existing windows and doors at ground floor level rear and replacement with new raising of parapet to flank wall of single storey rear extension insertion of rooflight to first floor rear extension roof.

**106 Columbia Road, London, E2 7RG**

PA/15/2872/HHA

Ground Floor Rear Extension.

**8 Blyths Wharf, Narrow Street, London, E14 8BF**

PA/15/2878/KFL

Roof extension with mansard roof and external front and rear roof terrace

**4 Bellevue Place, London, E1 4UG**

PA/15/2856 & 2857/EBW

Single story side infill extension and first floor extension over existing outrigger to terraced house. Excavation of new basement level beneath rear extensions.

**Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.**

**Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.**

Dated: 2nd November 2015

**OWEN WHALLEY**

Head of Planning and Building Control



**Public and Legal notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.**

## PUBLIC NOTICES

### LONDON BOROUGH OF TOWER HAMLETS

### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

### TEMPORARY PROHIBITION OF TRAFFIC – BRICK LANE JUNCTION FOURNIER STREET E1

**NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets propose to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding, the following temporary prohibition:

#### Location:

1. Brick Lane, approximately 30 metres, north, and 30 metres, south, from its junction with Fournier Street;

2. Fournier Street, approximately 30 metres, west, from its junction with Brick Lane.

**Reason:** To allow essential works to be carried out on the public highway by AGILITY.

**Alternative Route:** For vehicular traffic will be via Greatorex Street, Hanbury Street, Spelman Street and Princelet Street or Fournier Street, Commercial Street, Hanbury Street, Wilkes Street, Princelet Street and Brick Lane.

**Period:** From Monday 23rd November 2015 to Friday 27th November 2015.

Throughout the duration of the works, and at times when the "one way" and "no entry" traffic signs are covered, the existing one way

working in:

a) Fournier Street between its junction with Brick Lane and its junction with Wilkes Street will be temporarily suspended;

b) Brick Lane between its junction with Heneage Street and its junction with Princelet Street will be temporarily suspended.

Please refer any queries regarding the traffic restriction to David Pryce, Network Coordinator, Transport and Highways on 020 7364 6898 or email [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

Dated: 2nd November 2015

**SIMON BAXTER**  
INTERIM SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG

## LONDON BOROUGH OF TOWER HAMLETS

### TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 15(4) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2015 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

50 Marsh Wall, 63-69 And 68-70 Manilla Street PA/15/2671/JTH  
London, E14 9TP

Application for demolition of all buildings on site at 50 Marsh Wall, 63-69 and 68-70 Manilla Street to enable redevelopment to provide three buildings of 65, 20 and 34 storeys above ground comprising 634 residential units (Class C3), 231 hotel rooms (Class C1), provision of ancillary amenity space, a new health centre (Class D1), a new school (Class D1), ground floor retail uses (Class A3), provision of a new landscaped piazza, public open space and vehicular access, car parking, cycle storage and plant. Retention of 74 Manilla Street as North Pole public house (Class A4).

The application is accompanied by an Environmental Impact Assessment.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 2nd November 2015

OWEN WHALLEY  
HEAD OF PLANNING & BUILDING CONTROL



## LONDON BOROUGH OF TOWER HAMLETS

The Tower Hamlets (D1 Parking Places) (No.1) Order 2015 (Amendment No.2) Order 2015

The Tower Hamlets (Waiting and Loading Restrictions) (No.1) Order 2015 (Amendment No.6) Order 2015

The Tower Hamlets (Loading Bays) (No.2) Experimental Order 2014 (Revocation) Order 2015

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets on 02nd November 2015 made the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by Section 5 of the Local Government Act 1985 and the Traffic Management Act 2004.

2. The general effect of the Orders would be to in:

Blackwall way –

- a) To Rescind the Double yellow Lines between Duthie Street and John Smith Mews to Single Yellow Lines.
- b) To revoke the Goods Loading Bay opposite Providence Wharf and replace with a Resident Bay.

3. The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 2 above.

4. A copy of each of the proposed Orders and all relevant documents can be inspected, by prior appointment, at the offices of the at the Parking Services Offices, 585-593 Commercial Road, London E1 0HJ (0207-364 6952), during normal office hours on Monday to Friday inclusive until the expiration of a period of 21 days from the date on which this notice is published.

5. Any person desiring to comment on or object to any of the proposed Orders should send a statement in writing or Email: [Parking.development@towerhamlets.gov.uk](mailto:Parking.development@towerhamlets.gov.uk) of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Dated: 02 November 2015

SIMON BAXTER  
INTERIM SERVICE HEAD  
PUBLIC REALM



## LONDON BOROUGH OF TOWER HAMLETS

### TOWN & COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) (ENGLAND) ORDER 2015

NOTICE UNDER ARTICLE 15(3) OF APPLICATION FOR PLANNING PERMISSION ACCOMPANIED BY AN ENVIRONMENTAL STATEMENT

#### PROPOSED DEVELOPMENT AT:

50 Marsh Wall, 63-69 And 68-70 Manilla Street  
London, E14 9TP

PA/15/02671

Notice is given that JLL on behalf of Drakar Limited acting for Far East Consortium International are applying to the London Borough of Tower Hamlets for:

Application for demolition of all buildings on site at 50 Marsh Wall, 63-69 and 68-70 Manilla Street to enable redevelopment to provide three buildings of 65, 20 and 34 storeys above ground comprising 634 residential units (Class C3), 231 hotel rooms (Class C1), provision of ancillary amenity space, a new health centre (Class D1), a new school (Class D1), ground floor retail uses (Class A3), provision of a new landscaped piazza, public open space and vehicular access, car parking, cycle storage and plant. Retention of 74 Manilla Street as North Pole public house (Class A4).

The application is accompanied by an Environmental Impact Assessment.

Copies of the application, plans, environmental statement and all other documents may be inspected between the hours of 9am to 5pm, Monday to Friday at the Planning Office, Mulberry Place, 5 Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Copies of the environmental statement may be purchased from JLL, 30 Warwick Street, London, W1B 5NH, Tele: 02073995409 so long as stocks last. (Price on application)

Any person who wishes to make representations relating to this application should do so in writing, within a period of 14 days from the date of publication of this notice to the Head of Planning at the Planning Office address above.

Dated: 2nd November 2015

OWEN WHALLEY  
HEAD OF PLANNING & BUILDING CONTROL



## Public notices

### LONDON BOROUGH OF TOWER HAMLETS

#### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 6

#### THE TOWER HAMLETS (PRESCRIBED ROUTE) (NO.3) TRAFFIC ORDER 2015 ("ANNUAL FIREWORKS CELEBRATIONS" GROVE ROAD) ORDER 2015

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets, with the agreement of the London Borough of Hackney, made the above-mentioned Order under Section 6 of the Road Traffic Regulation Act 1984 (as amended by Special Events Act 1994). The effect of the Order will be to prohibit vehicular traffic from proceeding in:

- a) Lauriston Road between its junction with Victoria Park Road and its junction with Gore Road;
- b) Old Ford Road between its junction with Bonner Street and its junction with St. Stephen's Road;
- c) Grove Road between its junction with Gore Road and its junction with Roman Road;

tion with Gore Road and its junction with Old Ford Road;

d) Grove Road between its junction with Old Ford Road and its junction with Roman Road;

e) Aberavon Road and Rhondda Grove, at their junctions with Mile End Road;

f) Grove Road, in the northbound direction from its junction with Mile End Road;

g) Sewardstone Road at its junction with Approach Road.

The imposition of one way working in Bonner Street between its junction with Old Ford Road and its junction with Roman Road made one way southbound.

The restriction on vehicular traffic will enable the "annual fireworks celebrations" to be held in the Public Park (that is, Victoria Park) and to ensure safe egress and ingress from the Park. Access will be provided for Police, Fire and Ambulance vehicles in an emergency or access may also be provided with the permission of a Police Officer in uniform.

The Order will operate on Saturday 7th November 2015 from 18:00 hours until 20:30 hours

when temporary traffic signs and cones are placed on the public highway.

If you require any further details please contact Pip Thomas, Festival and Events Officer on 0207 364 7913 or e-mail [pip.thomas@towerhamlets.gov.uk](mailto:pip.thomas@towerhamlets.gov.uk)

Dated: 2nd November 2015

SIMON BAXTER  
INTERIM SERVICE HEAD,  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG

### LONDON BOROUGH OF TOWER HAMLETS

#### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

#### TEMPORARY PROHIBITION OF TRAFFIC - OLD CASTLE STREET E1

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets, having consulted with Transport for London, propose to

make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

**Location:** Old Castle Street between its junction with Pomell Way and its junction with Wentworth Street;

**Reason:** To allow essential works to be carried out on the public highway by Agility Alliance;

**Alternative Route:** There are no alternative routes for vehicular traffic as it is a dead end street or cul-de-sac.

**Period:** From Wednesday 25th November 2015 to Friday 27th November 2015.

Please refer any queries regarding the traffic restriction to Dave Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

Dated: 2nd November 2015

SIMON BAXTER  
INTERIM SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG

## Bulldog spirit

Bulldog Taekwondo train at Arch 5, Gales Gardens, Bethnal Green and Whitechapel Sports Centre.



## Box your way to fitness and have fun

Ruqsana Begum will be running boxercise classes for women aged 16-25 at The Work House next to Tower Hamlets College. Details from [pauline.stewart@towerhamlets.gov.uk](mailto:pauline.stewart@towerhamlets.gov.uk) or call... 7364 2433 / 07956 456 743

## Sport

# Repton's girls fight their way to the top

BY PETER FAULKNER

### REPTON Boxing Club's female fighters are on the hunt for more titles.

Last year Lisa Moore and Jay Dujon sparked a revival in women's boxing in east London by winning gold medals at the Haringey Cup.

And as East End Life went to press both were going for glory again.

Moore and Dujon, along with Niki Paksi and Elena Katerina, were due to fight in the finals of the Novice Championships.

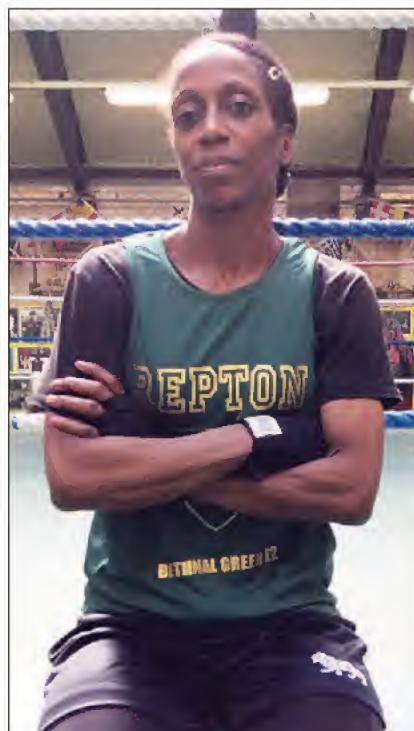
Paksi (Class A 75k) and Katerina (Class B 75k) had the easiest tasks in the semi-finals at Watford Leisure Centre, being granted walkovers into the final.

Moore (Class B 57kg) boxed well to take the decision from Chloe-Jane Stansfield (Army) and Dujon, not to be outdone, shone against Orsolya Kiraly (London Military).

REPTON Boxing Club travelled to Ireland for their annual team match against a select side and ended up clinching a narrow 7-6 win.

On a tough night, Bill Oliphant was the only boxer to win inside the distance. He beat Adam Kemmy in two rounds, proving to be far too strong for his rival.

Perhaps the best fight of the night was the clash between Shiloh Defreitas and Sean Kavanagh, with Repton's Defreitas



Repton Boxing Club's gold medal winning Lisa Moore, left, and Jay Dujon

getting the votes of all three judges.

The other winners were: Miley Chalk against Oison Treacy, George Ellis against Jake Ratple, Charlie Scott against Jack Marley, Muhammad Khan beating Sean Cribbin and David Tierney beating Liam Murphy.

The beaten Repton boxers were Oliver Jackson against David O'Brien, Mark

Baker against Mike Joyce, Kyle Quinn against Johnny Connors, Levi Deighton at the hands of Ross Tynan, Joseph Inman against Dylan Doyle and Mike Chalk against Ken Doyle.

There were also supporting skills contests featuring Charlie Smith, Alfie Gaskin, Ken Smith, Nathan Harris, John Hedges and Nelson Smith.

## Medal-winning is a family affair



Bulldog Taekwondo display their impressive array of medals

### Taekwondo

#### IT was something of a family affair for three members of the Bulldog Taekwondo Club at the Rose Cup at Newham Leisure Centre.

And seven-year-old Lucinda Riley showed mum and dad just how it's done. Lucinda, a yellow belt and a pupil at Bonner School, Bethnal Green, won two gold medals at the event.

Mum Alecia Hourigan, who works at Bonner School, then picked up a silver medal in her event as did dad Michael in his.

Overall the club took nine

medals. The medallists were: Agnieszka Abdulwahab (gold); Parris Ikuomola, 17-year-old black belt (silver); Jayden Coborne, 12, (silver); Sarah Makumbi (silver); Bedr Abdulwahab, 11 (bronze).

Bulldog Taekwondo train at Arch 5, Gales Gardens, Bethnal Green, and Whitechapel Sports Centre, Durward Street.

Paris Ikuomola won a silver medal in the junior team patterns at the European championships and club-mate Jennifer Pena won silver in the senior team sparring and bronze in the senior team patterns. [www.bulldogtkd.com](http://www.bulldogtkd.com)



Veras Karate Academy enjoyed more success

### Karate

#### Medal haul

VERAS Karate Academy competed in the Central England International championships and finished fourth out of 41 clubs in the medals table.

The 16 squad members from Veras Clubs in Tower Hamlets, Islington and Hackney clubs returned home with three gold, five silver and seven bronze medals.

Luca Veras, eight, and, Lucienne Brown, 11, both won fighting golds while Ben Pomeroy, 15, won his kumite.

Sensei Raphael Veras said: "I was proud to see all the squad perform well at one of most difficult tournaments in the country and would like to thank all the parents for their support."

The squad consisted of teams from six years old to seniors.

Other medallists: Isaac Gibson, seven, Liam Veras, ten, Seyhan Cinar, 11, Chloe Casimir, 13, Luke Kavanagh, 13, Luca Veras, Daniel Gardner, nine, and Jack Gentili, eight, took silver in the team kata

9-years and under, while Liam, Luke and Seyhan picked up a bronze in the 10-15 years kata.

Alexander Ogunsalu, six, Ismail Cinar, 8, Dylan Gibson, 6, Robert Stanev, nine, and Andras Tomas also competed.

### Keep fit

#### Train with Ruqsana

RUQSANA Begum, the reigning British & European kick-boxing and Muay Thai champion, has started exercise sessions in Poplar.

On November 9, 16, 23 and 30 the former world championship double bronze medalist and world title contender will be

running boxercise classes at The Work House, next to Tower Hamlets College in Poplar High Street, for women 16-25.

Details from [pauline.stewart@towerhamlets.gov.uk](mailto:pauline.stewart@towerhamlets.gov.uk) or contact the sports and physical activities team at [www.towerhamlets.gov.uk/sports](http://www.towerhamlets.gov.uk/sports) or call 7364 2433/07956 456 743.

### UEL round-up

#### Run continues

IT'S been a busy week for the University of East London with teams competing in volleyball, netball and basketball.

Pick of the week was the UEL netball team who defeated University of Essex 46-13 for their 17th consecutive victory. The team are unbeaten since October 2015.

The UEL women's basketball squad bounced back after losing the previous week to beat Imperial College London 52-44.

Finally, the men's volleyball enjoyed a 3-1 win over City University London in their first match of the new season.

UEL won the first two sets 25-22 and 25-21, before UCL gave themselves a fighting chance by taking the third 27-26. But UEL stepped up a gear to wrap up the fourth and final set 25-12.

### MMA

#### Troxy tear-up

CAGE fighting is one of the fastest growing sports in the world and now it's making its home in Tower Hamlets.

Stepney's Troxy Theatre will be the venue for the latest Cage Rage show staged by the Ultimate Challenge Mixed Martial Arts group on Saturday, November 7.



## Get fit and have fun

To find out more about the wide range of healthy and enjoyable events and activities available at the borough's leisure centres go to your local centre or visit...

[WWW.GLL.ORG](http://WWW.GLL.ORG)

## Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

[EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK](mailto:EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK)

## Sport



Jason Leonard with youngsters at the festival

JASON Leonard, rugby World Cup winner and England's most capped player, visited Queen Mary Rugby Football Club's Tower Hamlets Schools tag tournament, set up to encourage school kids across the borough to play the sport. Leonard, now president of the Rugby Football Union, gave his support to the initiative which brought together ten schools and more than 100 children at East London Rugby Club in West Ham.

Paddy Vasey, president of QMRFC, added: "Tower Hamlets is one of the boroughs with the least contact with rugby and I thought, having been brought up with rugby, that many kids could benefit from the opportunity to give it a go. "The programme has been a success while still challenging because we had to deal with large classes and huge mixtures of ability. I think the main aim – to get kids enjoying rugby – has been achieved."

## Early red card spells trouble

### Rugby

Harlow 2nds...24

Millwall Llamas...7

MILLWALL'S Dan Faram was sent off for a professional foul after 15 minutes and from then on it was a backs-to-the-wall battle.

The game was out of reach by half time, but the Llamas staged a mini fight-back in the second period, with Louis Postles crossing and Rob Rusk adding the

conversion. With one win and two losses, Llamas sit mid-table.

The club are recruiting lapsed players looking to return to the sport. Email [returtorugby@millwallrugby.com](mailto:returtorugby@millwallrugby.com) for more information.

They are also offering rugby basics for novices who want to learn more. Email [rugbybasics@millwallrugby.com](mailto:rugbybasics@millwallrugby.com), [secondteammanager@millwallrugby.com](mailto:secondteammanager@millwallrugby.com)

## Wapping keep unbeaten run

BY PETER FAULKNER

### WAPPING Hockey Club's elite ladies continued their unbeaten run with a 1-1 draw at Colchester.

They failed to start in their usual high-speed fashion as the Colchester pitch was slower than the Olympic turf at their Lee Valley home.

Wapping's Player of the Match, goalkeeper Karen Perkins, had a strong game, making some crucial saves and communicating well with the back four.

Wapping started to up their game, particularly in last five minutes of the first half, and a pass down the right was eventually delivered back to the top of the D, where captain Lucy Todd smashed the ball against the backboard.

However, Colchester managed to break through the Wapping defence in the second-half and converted a strong strike in the D to level the match.

■ **WAPPING Men's 3s** faced Crostyx 1s at Lee Valley and their magnificent 5-1 victory was the perfect present for captain Greg



Wapping 3s' Jason Black on the attack

Edmunds, stepping down after two years. And just to make it a special day he was named man-of-the-match.

A sluggish start from Wapping and some early pressure from Crostyx resulted in two short corners for the visitors within the first few minutes.

And the early pressure paid off when a ricocheted shot fell to a Crostyx forward who slotted it into the far corner.

Wapping then won numerous short corners. Joe Carpenter's attempted assist to

Steven Turner was thwarted by a deflection on the line by the excellent Hamish Forbes, putting the score even at 1-1. Michael Bolle and Caspar Paulus soon followed by scoring from two short corners respectively. Paulus then got his second goal of the match to make the points safe.

But Wapping weren't content with four, and as the game opened up, Alex White added the fifth after getting the better of a one-on-one with the Crostyx keeper.

## Double for East London

### Hockey

East London ladies 1st...3

City of Peterborough 3rd...1

IT was a case of double delight for East London Hockey Club when the ladies pulled off a shock win over league leaders Ashford and the men's side toppled City of Peterborough – the team above them.

The ladies were hoping to improve on their eighth place, but knew it would be a tough ask against the table toppers.

Emily Menzies was brought on and her first touch of the ball was from a short corner, which Lucy Foxall put away from the rebound

to give East London the lead.

Returning the favour minutes later, Foxall passed to Menzies to score. East London then conceded a goal before the break.

After the interval East captain Anastasia Nicholl hit home an unstoppable straight strike and a composed and diligent defence – including from Ceylan Gomez, who was concussed by the end – kept out Ashford until the final whistle for a 3-1 victory.

East London's stand-out players were Amy Rogers and keeper Laura Wilkins, who saved a penalty stroke.

East London men 1st...2

City of Peterborough 3rd...1

In the morning City of Peterborough were third in the table, ahead of East London on goal difference, but quality was rarely on display during their meeting at Lee Valley.

East London took the lead early after Joe Green's through ball found Mitchel Nicholson, who fired a reverse stick shot past the keeper.

In the second half a defensive lapse allowed Peterborough to equalise, but after a scrappy ten minutes man of the match Adam Lord put away the winner.

### Soccer round-up

#### Late winner

East Londoners...3  
FC Hamlets...2

FC Hamlets have a week's respite from the Essex Olympian League, giving them some much needed time to work on their early season problems.

They are now second from bottom in the league and need a confidence boosting win.

They suffered an early setback when the East Londoners' striker played the ball across the box for another player to tap in.

Ten minutes later Ashley King smashed the equaliser into the bottom corner from just outside the box.

Almost immediately a poor Hamlets clearance found two unmarked Londoners players and one squeezed it home.

Five minutes into the second half, substitute John Gilroy put Hamlets back on terms but, following several chances to take the lead, Hamlets conceded the decisive goal from a corner with two minutes to go.

#### Hamlets crash

Tower Hamlets...3  
Wadham Lodge...5

TOWER Hamlets, after ending their mini-slump the previous weekend, were brought crashing back down to earth in the Essex Senior League Challenge Cup in midweek.

They faced Wadham Lodge at Mile End Stadium and it turned into a goal feast with Hamlets losing 5-3.

Sunday Wasiu got two goals for the hosts and Jide Alaga also notched.

#### Tunde sees red

Takeley...1  
Sporting Bengal...1

SPORTING Bengal were always going to be up against it after Tunde Adewunmi got his marching orders, just ten minutes into the game.

But the visitors did well to cope with the numerical disadvantage and Takeley were perhaps happy at the end to gain a point at Station Road.

Sporting went a goal down soon after Tunde's dismissal, but fought back with a display of resolve and team spirit that pleased manager Anwar Uddin.



## More inside

For stories on boxing, taekwondo, hockey, football and rugby...

SEE PAGES 26 & 27



## Spotlight falls on London girls

Rose Linden and Olivia Piechota have became medal winners and have set their sights on bigger prizes, while Ruqsana Begum is hoping to kick and punch her way to a world title.

SEE BELOW



NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# East End trio bid for glory

BY PETER FAULKNER

**THIS week the east London spotlight falls on three women – Muay Thai champion Ruqsana Begum, para-rower Rose Linden, and judoka Olivia Piechota.**

Begum, who trains at the KO gym in Bethnal Green, gets a second shot at the world title at Hackney's Round Chapel venue this coming Saturday.

The reigning British champion faces Sweden's Josefina Lindgren Knutsson for the atomweight crown.

This is the second chance of world glory for the former Stewart Headlam School pupil. In March she lost to Ludivine Lasnier of France at Earls Court.

Visually impaired rower Rose Linden stormed to gold in the British rowing senior championships in Nottingham, in her first appearance for the University of East London.

Linden came fourth behind three male rowers over 2km and grabbed top spot in her ITA category (for athletes who have the use of their legs, trunk and arms).

"This is one of the bigger successes in my career," said Rose. "It felt great being able to lay down a marker at the beginning of such an important season."

Linden says she chose UEL to study for a master's degree in psychology because of the outstanding rowing facilities in Docklands. Now she hopes this golden moment will be the springboard to a place in the Great Britain mixed fours team at the Rio Olympics next year.

The final accolade goes to 17-year-old member of Tower Hamlets Judo Club Olivia Piechota, who has set her sights on an early Christmas present – the British title, which she bids for next month.

She has been inspired by her

display at the Warsaw Judo Open Polish Cup in Poland.

The British number one won this event last year and was confident of striking gold again.

But this year Olivia's title bid became tougher because she was moving into the under-21 junior age category where she was challenged by older competitors. Her weight division also increased to under-48kg.

Piechota's excellent throwing techniques and grappling skills secured her place in the final.

Her opponent, Hungarian Andrea Karman, looked strong throughout. As match time drew to an end there was still no winner and the contest went into golden score phase.

This is where Karman looked the busier, resulting in a penalty score against Piechota, which ended the contest.

Piechota finished with the silver medal and proved she will again be a title chaser again this season.



Olympic hopeful Rose Linden, above, and British judo title contender Olivia Piechota



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## Vicky Park to host fireworks

Wrap up warm and head down to the park on Saturday

SEE PAGE 2



## Join Nadiya at Foodies Festival

Christmas comes early at the Truman Brewery. Yummy...

SEE PAGE 5



## The Bull with a sensitive side

Don't let the name of this Shoreditch restaurant fool you.

SEE PAGE 7

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WWW.TOWERHAMLETS.GOV.UK

# get a life!

eastendlife ARTS | REVIEWS | EVENTS | TV



# Huey goes there?

Former Fun Lovin' Criminal Huey Morgan invites you to an evening of chat and tunes

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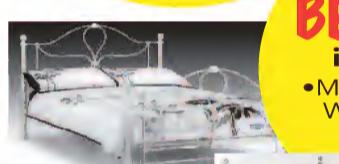


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## Tuck in to a taste of Tokyo

Celebrate Japanese culture and cuisine at the Hyper Japan Christmas market. From fashion to food, and cocktails to crockery.

[WWW.HYPERJAPAN.CO.UK](http://WWW.HYPERJAPAN.CO.UK)

## Out & about

### Fireworks return home to Vicky Park



COME and celebrate Fireworks Night at Victoria Park on Saturday, November 7.

After five years away from the nation's favourite park, fireworks will be returning to light up the skies.

This year's Guy Fawkes festivities will captivate audiences with glittering visuals and an atmospheric soundtrack. Visitors are encouraged to grab their winter woollens, gather up friends and family and go along to the dazzling display.

Admission is free. People who visit are encouraged to send in their firework snaps to the council on social media, using #fireworksTH

## Comedy

### New Act of The Year (NATYS) 2016: Spotlight Nights

More than 100 new acts will perform a five-minute routine of gag-based, musical, sketch or speciality comedy. Seasoned stand-ups will then decide which 14 acts will kickstart their career with a booking at the Leicester Square Theatre.

Tues 3, Mon 9, Tues 24 and Mon, Nov 30.

All shows start at 7pm. Free. Rich Mix, 35-47 Bethnal Green Road, E1. [www.richmix.org.uk](http://www.richmix.org.uk) 7613 7498

takes place over three weeks and showcases numerous dance-theatre choreographers and performers. Highlights include Alyssandra Wu, Dancayers Company, Artivism Dance Theatre, Pola Krawczuk, Feet Off The Ground Dance, Co\_Motion Dance, Tamsin Griffiths and Neus Gil Cortes. Nov 3-21. Tickets £10 (£12 on the door).

The Space theatre, 269 Westferry Road, E14. <https://space.org.uk/> 7515 7799

## Events

### Hyper Japan

A pre-Christmas market celebrating Japanese culture and cuisine. Browse stalls selling fashion goods, toys, wrapping paper, traditional tableware and crockery, then pick up edible presents in a food hall packed full of exotic teas, chocolate, Japanese snacks and sake. The event will also host the Sushi Awards and the Sake Cocktail Awards, and there'll be demonstrations and workshops such as Ippudo's ramen cooking session. Kawaiicore music group Lady Baby will make

their European debut and there'll be heaps of anime, manga, cosplay and Kawaii fashion to wow the crowds. Fri, Nov 27 -Sun 29. Tickets £13-16. Tobacco Dock, 50 Porters Walk, E1W. [www.hyperjapan.co.uk](http://www.hyperjapan.co.uk)

### Ghost tour at Museum of London Docklands

There'll be shivers aplenty on this tour of the museum and surrounding docklands, so wrap up warm and discover the haunted history of the area.

Ticket price includes refreshments.

Running throughout November. Book in advance. £25. Museum of London Docklands, Hertsmere Road, West India Quay, E14. [www.museumoflondon.org.uk/docklands/](http://www.museumoflondon.org.uk/docklands/)

## Exhibitions

### Out of the Fire

Part of the Photomonth festival and coinciding with Ladybird Books' centenary, artist Sara Hannant's photographic installation

## Dance

### Emerge Festival

Now in its fourth year, Emerge



## Come find Huey

Fun Lovin' Criminal turned radio DJ Huey Morgan will be playing songs and sharing stories at an evening with guests at Canary Wharf's East Wintergarden on November 9.

TICKETS FROM [WWW.SEETICKETS.COM](http://WWW.SEETICKETS.COM)



## They're back!

Fireworks return to Victoria Park on Saturday, November 7.

## Out & about

features the power of fairy tales, as female characters from vintage Ladybird books are transformed through fire. Nov 3-30. Mon-Fri, 9am-10pm; weekends 10am-2pm. Oxford House Gallery, Derbyshire Street, E2. [www.oxfordhouse.org.uk](http://www.oxfordhouse.org.uk)

### Voices of the Winter Hearth

Artistic explorations of winter in an age of superstition and folklore. Nov 5-Dec 3, selected days. Thurs 6-9pm; Sats & Suns 1-6pm. Free. The Belfry at St John on Bethnal Green, Cambridge Heath Road, E2. [www.stjohnonbethnalgreen.org](http://www.stjohnonbethnalgreen.org)

### Photomonth photo-open

Photography exhibition around the theme of Telling Stories. Exhibitors include Cath Dupuy, Lucia Hrda, Julian Smith and Edit Zoka-Dani. The public are invited to vote for Best in Show and the winning photographer will be invited to the Sony World Photography Awards in 2016. Nov 6-29, daily 10am-10pm. Rich Mix, 35-47 Bethnal Green Road, E1. [www.photomonth.org](http://www.photomonth.org) 7613 7488

## Film

### Vincent Price night

Celebration of the life and career of horror movie icon Vincent Price, hosted by the late actor's daughter Victoria

## See the King of New York at the Wharf



NEXT year will be two decades since the Fun Lovin' Criminals first stormed the music scene with their gritty New York fusion of hip hop, blues and jazz. Best known for their hit Scooby Snacks, the band sold millions of copies of their albums, including Come Find Yourself and 100% Colombian, worldwide. The FLC will be celebrating with a 20th anniversary tour next year, and in the run-up to this, lead singer and guitarist Huey Morgan (pictured left) will be appearing with special guests at Canary Wharf's East Wintergarden. Now a BBC 6Music presenter, Morgan will be performing songs from his career, accompanied by an all-star band, as well as telling stories about his life. Huey Morgan & guests is on Monday, November 9, at 8pm. East Wintergarden is at 43 Bank Street, E14. Tickets, which cost £20, are available from [www.seetickets.com](http://www.seetickets.com)

and film blogger Peter Fuller. Includes UK premiere of The Unauthorized Hagiography of Vincent Price, screening of The Comedy of Terrors and Frankenweenies hotdogs. Tues, Nov 3, 7-10pm. Free, but tickets required. Galvanisers Union, 2 Devas Street, E3. [www.poplarfilmPRESENTS.com](http://www.poplarfilmPRESENTS.com)

satire on the medical world. Set in a dilapidated modern hospital, vulnerable patients await the arrival of an enigmatic doctor who they hope will restore their sanity. Performed in Italian, with English captions. Nov 10-21, 7pm & 9pm (on selected dates). £15/25. Wilton's Music Hall, 1 Graces Alley, E1. <http://wiltons.org.uk> 7702 2789

**London Jazz Festival**  
This world-renowned festival brings more than 2,000 artists

to play in venues across the capital for a 10-day celebration. Rich Mix will be hosting many established names including Syrian saxophonist Basel Rajoub, inventive trumpeter Christian Scott and MOBO winners Sons of Kemet. There are workshops for jazz stars of the future (age 13-19); for adult vocalists, wind and brass players; and even for toddlers. Fri, Nov 13-Sun, Nov 22. Times and prices vary; some free. Rich Mix 35-47 Bethnal Green Road, E1. [www.richmix.org.uk](http://www.richmix.org.uk) 7613 7498

## Theatre

### A Season of Bangla Drama

Music, dance, drama and more are coming to stages across Tower Hamlets this November as A Season of Bangla Drama returns for its 13th year. There are more than 25 events taking place, bringing together British and Bangladeshi writers, actors, directors and producers. There are also talks and exhibitions at venues including Rich Mix, Brady Arts Centre and the Kobi Nazrul Centre. [www.towerhamletsarts.org.uk/?cid=51857](http://www.towerhamletsarts.org.uk/?cid=51857)

### One Way Ticket

A dramatic insight into the British child migrants scandal in the years following the Second World War. Sat 7, 14, 21 and 28 Nov. 1:30pm (trail); 2-3pm (performance); 3:15-4:30pm (workshop). Ages 8+. Book online. Free. Half Moon Theatre, 43 White Horse Rd, E1. [www.halfmoon.org.uk](http://www.halfmoon.org.uk) 7709 8900

## Workshops

### Whittling in the Woods – knife carving intro workshop

Covering traditional techniques in the ancient skill of knife carving. Led by Tom, from the Green Wood Guild, by the end you will have carved your own spatula to take home and use. Over-16s. Sat, Nov 7. 1pm-3pm. £35. Tower Hamlets Cemetery Park, Southern Grove, Mile End, E3. [www.fohcp.org/events-training](http://www.fohcp.org/events-training)

### Stories in words and pictures – for adults

Creating picture books or a graphic novel, for pleasure or for publishing.

Sun, Nov 8. 10:30am-4:30pm. **Explore and draw – for adults**

Draw and create characters, exploring different ways to make a visual story.

Sun, Nov 22. 10:30am-4:30pm. **Both workshops – book**

online £65 (concessions £60). V&A Museum of Childhood, Cambridge Heath Road, E2. [www.vam.ac.uk/moc](http://www.vam.ac.uk/moc)

# WHAT'S ON

AT CANARY WHARF  
NOVEMBER 2015



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ARTS + EVENTS

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7PM (DOORS 6.30PM) / EAST WINTERGARDEN / £10

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26 - 27 NOVEMBER  
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THROUGHOUT SHOPPING MALLS / FREE

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FOR MORE INFORMATION  
VISIT [CANARYWHARF.COM](http://CANARYWHARF.COM)  
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## Tango on Crossrail roof

Instructors Tony Lane and Anita van de Watering also run a Saturday class at Saint John's Community Centre, E14.

[HTTPS://TANGOE14.WORDPRESS.COM/](https://tangoe14.wordpress.com/)



## Bear and Butterfly at Half Moon

Live music, puppets and storytelling tell the tale of a beautiful friendship between a bear and a soon-to-be butterfly. For children aged 4 to 7, afternoon and evening performance on November 7.

SEE OPPOSITE

## Get a Life!



### It takes two to tango...

IT takes two to Tango but you can learn the steps at two free events next month. TangoE14 is giving Argentinian Tango classes and dances at Crossrail Place Roof Gardens in Canary Wharf. The first is aimed at the lunchtime crowd and runs from 12noon-1.50pm on Monday, November 16. The second is early evening the following day, from 5.30-7.30pm. The group is suitable for all ages. The entrance to Crossrail Place is opposite 1 Canada Square, North Colonnade, E14. Visit <https://tangoe14.wordpress.com/> or call Tony on 7538 3852.

### Dance

#### Argentinian tango E14

Class. Sat 1-5pm. £5. St John's Community Hall, 37 Glengall Grove, E14. 7538 3852

#### Ballroom/Latin American

Fri, 1.45-3.45pm, £5, free refreshments. No beginners. Kingsley Hall, Powis Road, E3. 8550 1392

#### Brazilian dance aerobic classes

Weds 9-10am & Thurs, 1-2pm. Free. Alpha Grove Centre, Isle of Dogs, E14. 7538 1714

#### Energize4Girlz

South African gumboot dancing. Every other Saturday from 11am-12:30pm. St Pauls Shadwell Church, 302

The Highway, E1. energize4girlzdance@gmail.com

#### Green Candle Senior Dance

Over-60s, no experience is necessary. Tues, 10.30am-12.30pm. One free taster session. Oxford House, Derbyshire Street, E2. 7739 7722

#### Salsa

For dancers of all experience, followed by dancing until midnight. Prices vary. Free first class for ladies. Every Weds, 7.30-9.30pm. The Urban Bar, 176 Whitechapel Road, E1. 07932 658861

#### Swing Dance

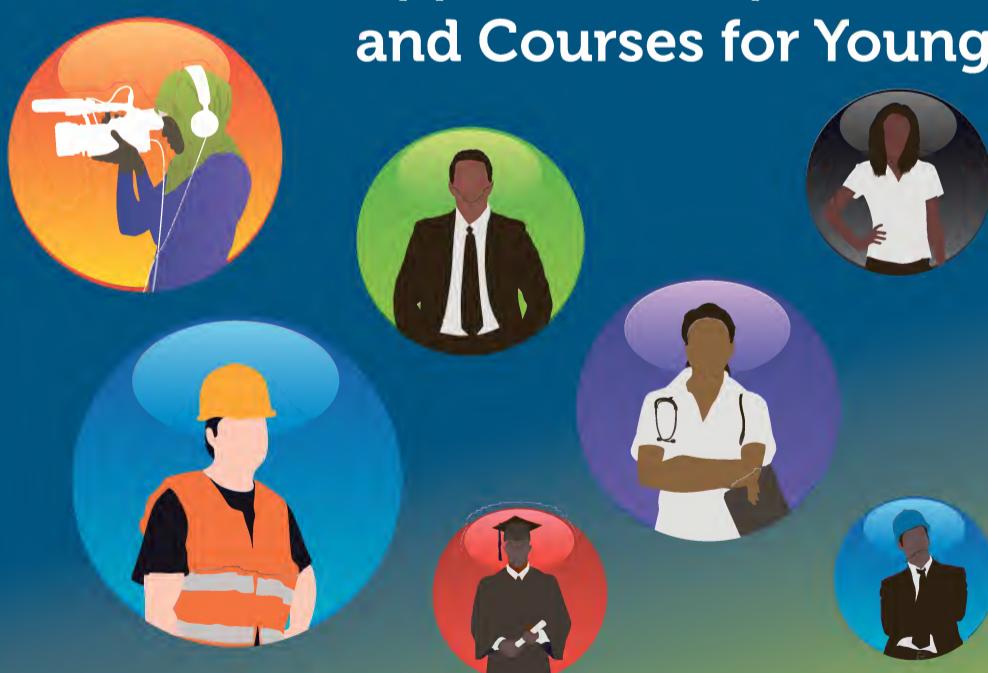
All ability levels welcome. Every Fri, 7-9pm. £7 per person or £10 for a

# My Future

## Apprenticeships, Traineeships and Courses for Young People



TOWER HAMLETS



Date: Thursday 12 November 2015

Time: 3.00pm – 5.00pm

Venue: The Spotlight Youth Centre

If you are aged 16 – 19, or up to 25 with Special Educational Needs and interested in apprenticeships, training programmes or courses then come along and meet recruiters who have opportunities available.

For more information, contact the Targeted Youth Support team on 020 7364 2707 or email [targeted.support@towerhamlets.gov.uk](mailto:targeted.support@towerhamlets.gov.uk)

The Spotlight Youth Centre  
30 Hay Currie Street  
London E14 6GN

DLR: Langdon Park  
Buses: 309, D8

[www.towerhamlets.gov.uk/youth](http://www.towerhamlets.gov.uk/youth)

@TowerHamletsNow

[towerhamlets.gov.uk](http://towerhamlets.gov.uk)





## Sweet tooth? Or is savoury special?

More than 150 producers will be selling their goodies at the Foodies Festival Artisan Christmas Market, while food from around the world will be available from the Street Food Courtyard.

SEE BELOW



## Festive spirit

Enjoy a chilled glass of bubbly from the Champagne Ski Bar.

[WWW.FOODIESFESTIVAL.COM](http://WWW.FOODIESFESTIVAL.COM)

## Get a Life!

lead/follow couple.  
The Hall, St Margaret's House,  
21 Old Ford Road, E2.  
8980 2092

**Zumba classes**  
Every Tues 11.15am-12.15pm.  
Healthy living sessions every  
Fri, 11am-3pm.  
St Matthias Community  
Centre, 113 Poplar High St, E14.  
7515 8362

**Kids**  
**Ballet for children**  
Every Thurs.  
Ages 2 1/2-3 1/2 years, 2-2.30pm;  
4-6 years, 4.45-5.15pm.  
Alpha Grove Community  
Centre, Isle of Dogs, E14.  
nina.monteiro@hotmail.com

**Deaf after school club**  
For ages 5-12. Mon-Fri, 4-6pm.  
Tower Project, 45-55 White  
Horse Road, E1.  
naima@towerproject.org.uk  
7790 9085

**Kids' Creative Dance Classes**  
Mini-movers, 2-3yrs; leaps and  
strides I, 4-5yrs; leaps and  
strides II, 5-6yrs; dash, 7-11yrs.  
Sat mornings. £44-49.50 per  
term or £4.50/£5 per term.



Great British Bake Off 2015 winner Nadiya Hussain

plus concessions.  
Chisenhale Dance Space,  
64-84 Chisenhale Road, E3  
8981 6617  
chisenhaledancespace.co.uk

**Pollyanna Training Theatre**

Drama and musical theatre for  
ages 4-16 in Wapping, E1.  
7481 1911

**Rhyme time**  
Thurs, 2-3 pm.  
Watney Market Library,

BEAR'S life changes forever when he meets a bright green caterpillar, with whom he becomes the best of friends. But how will Bear cope when his chum turns into a butterfly and flies high in the sky to have adventures of his own? Puppetry, live music and beautiful storytelling combine in Bear and Butterfly, a tale of love and friendship, which runs for two performances on Saturday, November 7 at 11am and 2pm at the Half Moon Theatre, 43 White Horse Rd, E1. Suitable for children

aged 4-7. All tickets  
are £6 and can  
be booked at  
[www.halfmoon.org.uk](http://www.halfmoon.org.uk)  
or by calling  
7709 8900.



## Bake Off star joins Foodie Fest line-up

**GREAT British Bake Off champion Nadiya Jamir Hussain will be joining an impressive line-up of top chefs and celebrity cooks in the Chef Theatre at this year's Foodies Festival Christmas.**

Nadiya said: "I am so excited to be taking part this year and meeting my London fans. I will be baking some of my favourite festive bakes."

The festival will also feature:  
■ An Artisan Christmas Market with more than 150 producers selling locally produced cheeses, chutneys, chocolates, cakes, puddings and more.  
■ A vegan area offering a range of vegan, veggie and gluten-free treats for visitors to indulge in,

including desserts, street food, bakes, beers, wines and more.

■ London Gin Theatre, hosting cocktail masterclasses, as well as wine and beer experts.  
■ Street Food Courtyard, with a feast of flavours from around the world.  
■ Elf Cookery School for under-12s where they can bake and decorate snowballs, gingerbread men and cupcakes.  
■ Live music, local choirs singing carols and entertainment throughout the day.

The Foodies Festival Christmas takes place at the Truman Brewery, 91 Brick Lane, E1, from November 27-29.

Tickets are available at [www.foodiesfestival.com](http://www.foodiesfestival.com) or by calling 0844 995 1111.



30-32 Watney Market, E1.  
7790 4039

**Young & talented?**  
Performing arts group for  
6- to 16-year olds. Sats,  
10.30am-1.30pm, term-time.  
Oxford House, Derbyshire  
Street, E2.  
8556 5348

**Parent & child**

**Dance play**  
Dance and movement, songs  
and rhymes for parents/carers  
and their children aged 1-5  
years. Weds, 10.30-11.30am,  
term-time only. Cost £2 per  
child (in adv) or £3.50 drop-in  
rate, discounts available.  
Language of Dance Trust,  
Oxford House, Derbyshire  
Street, E2.  
7749 1131  
info@lodc.org

**Toyhouse library**

Mons, 1.30-3.30pm,  
Halley Primary School,  
Halley Street, E14.  
Tues, 2-3.30pm, Cayley School,  
Aston Street, E14.  
Weds, 9.20-10.45am,  
Harry Roberts Nursery,  
Harford Street, E1.  
1-2pm, TH Opportunity  
Playgroup, 583 Commercial

Road, E1. 9-11am, Old Church  
Nursery, Walter Terrace, E1.  
9-11am, Alice Model Nursery  
School, 14 Beaumont Grove, E1.

**Yoga for pregnancy and  
mums and babies**  
Pregnancy class suitable from  
14 weeks. Mums and babies  
classes suitable from six weeks  
until baby is crawling.  
07958 645978

[www.clareday-yoga.co.uk](http://www.clareday-yoga.co.uk)

**Social**

**3 Bees Café**  
Healthy vegetarian and fish  
dish, served for just £3,  
takeaways available.  
Tuesdays, 4-8pm.  
Kingsley Hall Community  
Centre, Powis Road, E3.  
07501 468 193

**Bingo**

Mons, 6.45-9pm.  
Tredegar Community Centre,  
333 Morville Street, E3.  
07884 168176

**Birchfield OAPs club**

Mon-Fri, 7-9.30pm;  
Weds, 1-4pm.  
50 Saltwell Street, E14.

**Fern Street Settlement**

Fern Street, E3.

7987 1949

**Globe Town bingo club**  
Pensioners group with bingo  
and social activities.  
Thursdays, doors open 12pm.  
Bingo 2-4pm.  
Globe Town Community  
Centre, Bullards Place, E2.  
07939 965141

**Golden Ladies**  
Pensioners group for bingo  
and social. Weds, 2-4pm.  
Isle of Dogs Bowls Club,  
Millwall Park, E14.  
7987 6824

**Little Spitz' under-5s  
playgroup**  
Weds, 10am-12pm, 50p.  
Tours and stories.  
Spitalfields City Farm,  
Buxton Street, E1.  
7247 8762

**Tower Hamlets U3A**  
University of the Third Age  
offers courses for the over-50s  
to learn T'ai Chi, jazz  
appreciation, art appreciation,  
history walking and more. £10  
yearly membership.  
Various days and times.  
St Margaret's House  
Settlement, 21 Old Ford  
Road, E2.  
7247 4283



## Hot ticket

The Curious Incident of the Dog in the Night-Time has won 5 Tony awards

## You've got to be in it to win it

Send your answers to Curious Incident competition, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG, including your name, address and telephone number, by 5pm on Tuesday, November 10, alternatively email...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

## Reader offers

# Win tickets to award-winning play

### READER OFFER

**EAST END LIFE** is offering you the chance to win four tickets for you and your family to see **The Curious Incident of the Dog in the Night-Time**, the critically acclaimed National Theatre production that brings Mark Haddon's best-selling novel to thrilling life on stage.

Fifteen-year-old Christopher stands beside Mrs Shears' dead dog, Wellington. It has been speared with a garden fork, it is seven minutes after midnight and Christopher is under suspicion.

He records each fact in the book he is writing to solve the mystery of who murdered Wellington.

Christopher has an extraordinary brain, exceptional at maths while ill-equipped to interpret everyday life. He has

never ventured alone beyond the end of his road, he detests being touched and distrusts strangers.

But his detective work, forbidden by his father, takes him on a frightening journey that upturns his world.

Adapted by two-time Olivier Award-winning playwright Simon Stephens and directed by Olivier and Tony Award®-winning director Marianne Elliott, The Curious Incident of the Dog in the Night-Time is currently one of the hottest tickets in the West End – the winner of seven Olivier awards, including Best New Play, and five Tony Awards®.

These sought-after tickets are valid for selected performances at the Gielgud Theatre this autumn.

To find out more about the show and to book, visit [www.CuriousOnStage.com](http://www.CuriousOnStage.com)

For a chance of winning, answer the following question:

Q. Which animal does Christopher find dead at the beginning of the story?

- A. Cat
- B. Dog
- C. Hamster

Email your answer to [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) putting 'Curious Incident competition' in the subject line. Or send your answer on a postcard to East End Life, Curious Incident competition, Town Hall, Mulberry Place, 5, Clove Crescent, E14 2BG.

Entries must be submitted by 5pm on Tuesday, November 10 and must include full name, address and telephone number.

Sole prize consists of four tickets (excluding premium seats) valid Monday-Thursday until December 17, 2015. Tickets are subject to availability and not for resale.



## HAVE YOU REGISTERED?

### Final Reminder!

Residents who have not returned their Household Enquiry Form need to do so by the **25 November 2015**. Failure to respond by this deadline may result in your name being removed from the revised register when it is published on 1 December 2015.

It is a **legal requirement** for residents to confirm details relating to their property.

If you have not received a form, please contact Electoral Services Office on the details shown below.

Tel: 020 7364 0872

Email: [vote@towerhamlets.gov.uk](mailto:vote@towerhamlets.gov.uk)

Web: [www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote)

**Tower Hamlets Council**  
presents

**Saturday, November 7, 2015**

## **FIREWORKS DISPLAY**

**Victoria Park E3, 7pm**

Send in your pictures of the fireworks on social media using #fireworksTH

**FREE  
ADMISSION**



**YOUR VOTE MATTERS  
MAKE SURE YOU'RE IN**



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[www.towerhamlets.gov.uk/arts](http://www.towerhamlets.gov.uk/arts)

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Group

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## Coeliac disease awareness needed



Coeliac UK campaigns to raise awareness of coeliac disease so the condition is better recognised by healthcare professionals, caterers and the wider public.

[WWW.COELIAC.ORG.UK](http://WWW.COELIAC.ORG.UK)

## Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

CALL OUR ADS TEAM ON 7364 4061

### Eating out, eating in

# China shop bull shows diners a sensitive side

BY GORDON BLUE

**A RESTAURANT and bar with such an emotive name – Bull In A China Shop – is just begging for a review, if only to ensure this isn't a summary of the collective attitudes of the chef, interior designer and bartender behind the project!**

In fact, our whole experience is enveloped in care, from the service to the carefully planned décor, everything is sensitively done, resulting in a satisfying and enjoyable evening out.

A deft touch and a nod to quality are behind all aspects of this exciting new find, with not a bull in sight.

The Silver Fox kicks things off with a generous fishcake, crisped with breadcrumbs and served atop dressed leaves. He nods in agreement with his taste buds and is smug with his choice.

I am delighted with my three steamed scallops, served on the shell and accented with chilli and soy.



Bull In A China Shop will not disappoint your taste buds

Things are looking good and we become giddy with the idea of more to come.

The Silver Fox has an excellent halloumi burger, panko-breadcrumbs with generous salad and an additional side of fries.

My okra and lentil stew is a magnificent dish: warming and nurturing against the blustering winds outside, with generous cloves of roasted garlic throughout and a

deeply flavoured sauce. This is one of the best vegetarian dishes I've had for some time and I'd come back for it alone.

The wine list is good and there's an extensive choice of cocktails, not to mention a specialist rare and premium whiskies list from Japan and Scotland (there are more than 30). Teamed with the immunity-boosting powers of the garlic, this place could

be my alternative flu jab of choice.

Two ate starters and mains, teamed with some delicious Sauvignon wines for £65, including service and water.

They serve throughout the day so I'm keen to see what the breakfast experience is like too, as well as a lazy lunchtime experience.

■ Bull In A China Shop is at 196 Shoreditch High Street, E1. 7539 9299

## A marvellous meatball meal

**AS many as 500,000 people in the UK may be living with coeliac disease without realising it.**

There are a range of symptoms, including constant mouth ulcers, crippling fatigue, stomach pain, regular bouts of diarrhoea, anaemia and weight loss.

Coeliac disease is an autoimmune disease caused by a reaction to gluten which is a protein found in wheat, barley and rye.

If you are concerned you might have undiagnosed



coeliac disease it is important that you do not remove gluten from your diet until you are tested. Go to [www.isitcoeliacdisease.org.uk](http://www.isitcoeliacdisease.org.uk) where you can complete an online assessment which will highlight if you should go to your GP for tests. For further information about Coeliac UK please go to [www.coeliac.org.uk](http://www.coeliac.org.uk)

### Meatballs – serves 8

#### Ingredients

2 or 3 potatoes, boiled and mashed  
1 onion, finely chopped  
500g (1lb) minced beef  
1 egg, beaten

3 slices of gluten-free bread\*, rubbed into crumbs  
Pinch of dried herbs  
Salt and pepper to taste  
Corn flour for rolling out  
Vegetable oil for frying

#### Method

1. Put onion, salt and herbs in a large bowl and mash together with a fork. Add the breadcrumbs, potatoes and meat and mix well.
2. Add the beaten egg and mix together.
3. Scoop out spoonfuls of the mixture, place in corn flour and roll into small balls.
4. Pour enough oil into a frying pan to cover the base and fry the meatballs, turning often, until light brown all over and cooked through.
5. Serve on cocktail sticks with tomato or sweet chilli dipping sauce\*.

\*Please check Coeliac UK's Food and Drink Directory for suitable products.

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Terms and conditions apply

**Evening**  
Free Bottle of Wine for party of 2 or more

**Kids Under 12**  
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Please bring this add to redeem this offer (or a screen shot)

**020 7538 9826**  
**020 7538 0393**  
[www.gaylordrestaurant.co.uk](http://www.gaylordrestaurant.co.uk)  
E-mail: [thegaylord14@yahoo.com](mailto:thegaylord14@yahoo.com)

141 Manchester Road,  
Isle of Dogs, London E14 3DN

Please book in advance to avoid disappointment

Terms and conditions  
1. This offer cannot be used in conjunction with any other offers or discounts. 2. Offers valid until 30/09/2015. 3. Minimum cover charge applies in order to qualify for the offer (£13.95 for adult and children over 12 years of age, £ 5.95 for Children fewer than 12 years). 4. Evening offer is available on Monday and Tuesday from 18:00 to 23:30 hours only. 5. Lunch offer is available Monday to Sunday (12:00 to 14:30 hours). 6. Minimum of 2 covers required to claim offer for free bottle of wine. 7. Offer for wine includes Gaylord House white or red wine only. 8. Offers are valid for eat in only. 9. Management reserve the right to withdraw the offer at any time prior to the expiry date and also reserve the right to refuse to serve customers who do not understand the terms and conditions of the offer.

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Life**

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**Fatima: 7364 4623**  
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# Mental Health First Aid *lite*

An introductory mental health awareness course



## What will I learn?

This course will give you a brief introduction to some of the issues surrounding mental health. After attending this course you'll be able to:

- Understand mental health issues in Tower Hamlets
- Define mental health & some mental health problems
- Identify the discrimination surrounding mental health problems
- Look after your own mental health, and those around you
- Hear people's personal stories of mental illness
- Meet colleagues from local mental health services

## What will I achieve?

You'll develop a better awareness of common mental health issues and learn how to look after your own mental health. You'll receive a Mental Health First Aid Lite training manual and a certificate of attendance.

## Who should attend?

The course is open to anyone however we are encouraging those who work in the community including health care, social care, employment and enforcement authorities. We also welcome residents and carers who wish to develop basic knowledge on mental health.

## Course details

There are 4 dates available for you to choose from:

**Date:** 2 and 3 December 2015,

15 and 26 January 2016

**Venue:** Education Centre, Mile End Hospital, Bancroft Road, E1 4DG

**Time:** 9.30am-2.00pm

To book onto this course or for further details please email [thccg.cepn@nhs.net](mailto:thccg.cepn@nhs.net) or ring **07842 876665**

Light lunch will be provided

